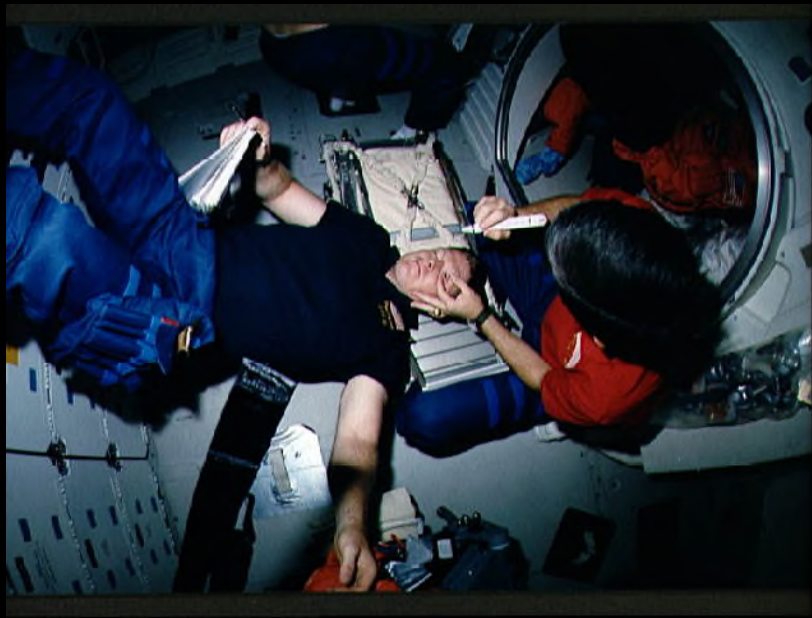
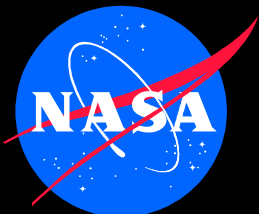


Non-Invasive Monitoring of Human Health Using Eye as a Window to the Body

Medicine Beyond Tomorrow: Early Detection & Prevention



Rafat R. Ansari, Ph.D.



2009 NASA Occupational Health Meeting

Investigators and Collaborators:

Manuel B. Datiles, MD, NEI/NIH (Clinical studies of early onset of oxidative stress leading to cataract)

James S. Logan, MD, NASA JSC (Diver study)

Jeffery A. Jones, MD, NASA JSC (Early onset of oxidative stress in flight crews and blood perfusion studies in fingertips)

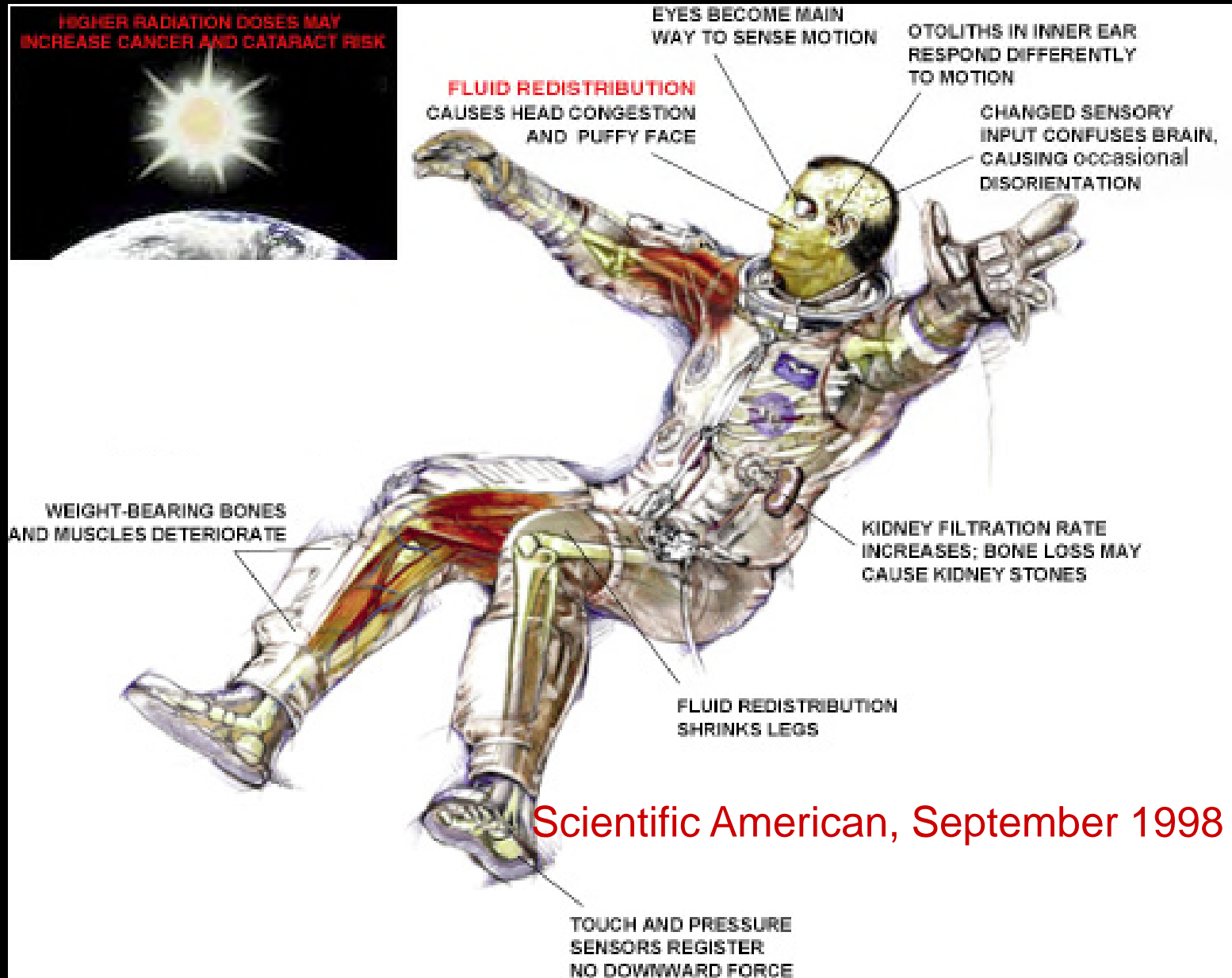
Christopher Blasio, CIS, CHP, NASA GRC (Laser safety calculations for IRB's and CPHS process)

James F. King, NASA GRC (Engineering support)

ABC NEWS HOUSTON



Space Travel: Serious Health Risks!



Potential Ocular Risk Factors in Space Flight

Cataract, Increased IOP, Decreased Visual Acuity,
Conjunctivitis, Photopsia, Macular
Degeneration/Nutrition

R.R. Ansari and J. Sebag in Teleophthalmology, Springer-
Verlag, 2006

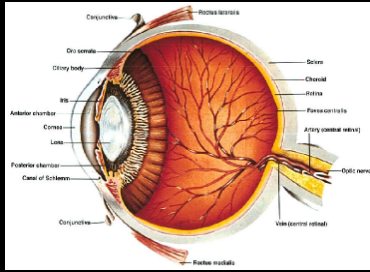
In the absence of proper countermeasures
space travel accelerates the aging process

Our Objective

Diagnose diseases non-
invasively long before the
clinical symptoms appear
and help find non-surgical
countermeasures



Looking at the Molecular Level



“Window to the Soul”, could it be a “Window to the Body”?

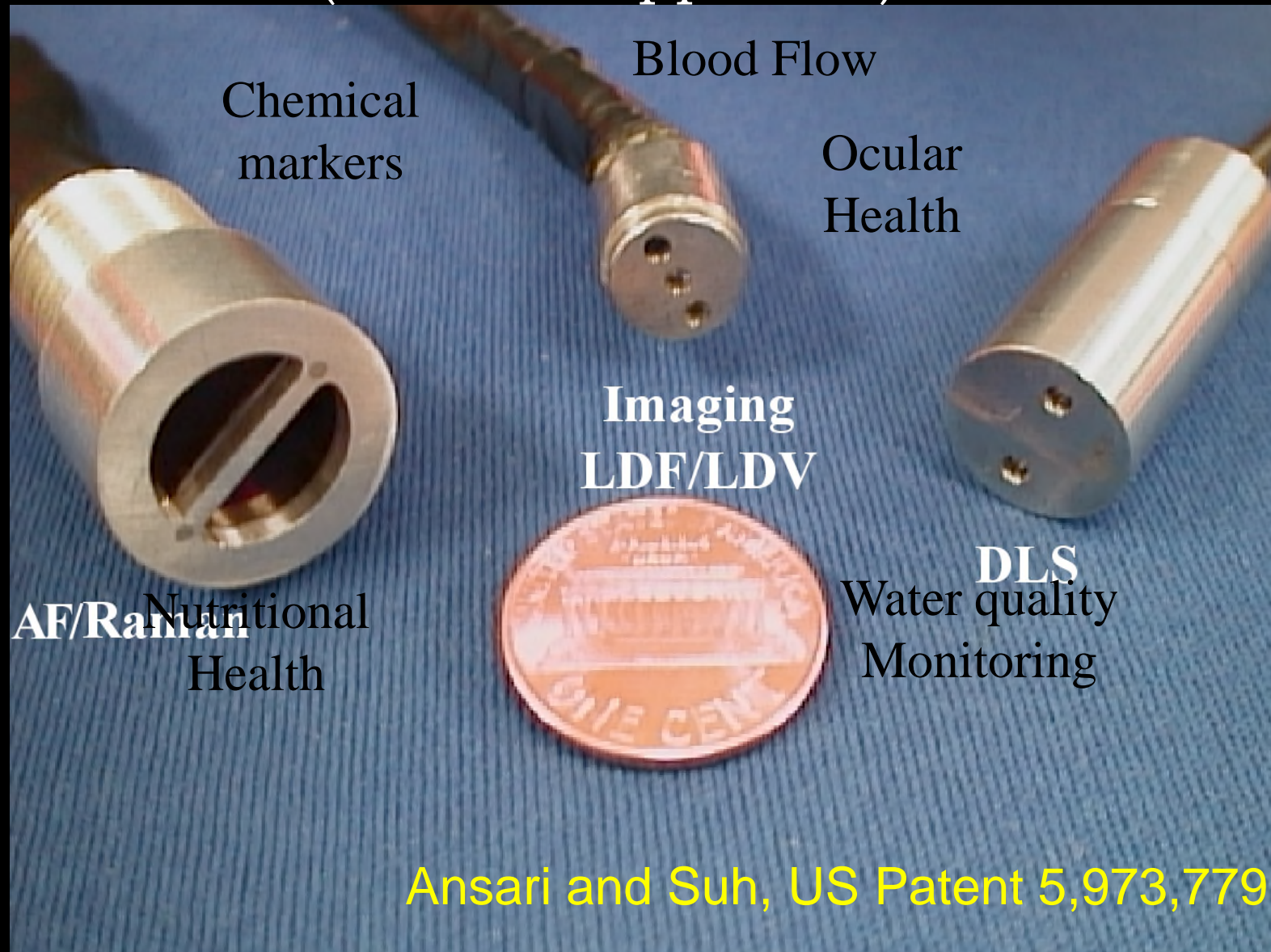
EYE "MICROCOSM OF THE BODY"

- Eye is built like a camera.
- Light from cornea to the retina traverses through tissues that are representative of nearly every tissue type in the body.
- **Cornea:** typical extra-cellular matrix composed primarily of collagen.
- **Aqueous:** an ultrafiltrate of blood, containing most of the molecules found in serum at concentrations that are reflective of serum levels.
- **Lens:** highly organized array of crystallin proteins.
- **Vitreous:** similar in nature to the articular cartilage and synovial fluid found in joints.
- **Retina and optic nerves** are in fact part of the central nervous system.
- Since eye is easily accessed by light, the optical technologies can be used for the evaluation of structure and physiology in health, aging, and disease.

Requires Development of Compact,
Low-Power, Light-weight, Sensitive,
Non-Invasive Technologies

Looking at the Molecular Level

Non-Invasive Compact Fiber Optic Probes (Modular approach)



Technologies and Readiness Level	Instruments in Use	Diseases/Studies
Dynamic Light Scattering (DLS) In Clinical Use		Corneal Diseases and Wound Healing (LASIK), Lens Aging and Cataract, Uveitis, Glaucoma, Vitreous Aging and Lysis Studies, Drug Efficacy Studies, Alzheimer's, Cholesterol, Studies on Effects of Radiation, Hyperbaric Oxygen and other conditions on Eye Tissues, Diabetic Vitreopathy
Corneal/Lens Autofluorescence Some Clinical Data		<ul style="list-style-type: none"> • Radiation induced biological effects • Diabetic Retinopathy
Laser-Doppler Flowmetry (LDF) (Flown on KC-135) In Use JSC Astronaut Suit Lab		<ul style="list-style-type: none"> • Physiological circulatory changes • Hemodynamic Response/Fingertip Study • Choroidal blood circulation • Age-related Macular Degeneration (AMD) • Diabetic Retinopathy
Raman Carotenoid Dispersion Analysis In Clinical Use		<ul style="list-style-type: none"> • Lack of Nutrition (Lutein/Xeaxanthin) • AMD • Skin cancer • Stress status of living plants and plant products
Ocular Polarimetry (optical activity) Laboratory Use		<ul style="list-style-type: none"> • Blood-glucose Sensing
Tissue Oximetry (Flown on KC-135 and Single-Engine Airplane)		<ul style="list-style-type: none"> • Muscle Atrophy and Osteoporosis • Hyper-/Hypo-tension • Functional Imaging of Brain • Occult Blood Loss • Pilot Fatigue/Flicker Study
Tissue Capillaroscopy (In Design Stage for use in Conjunctiva)		<ul style="list-style-type: none"> • Micro-circulation/Blood vessel tortuosity (long-duration confinement/bed rest/exercise, Immune system) • Functional Imaging of Blood Flow
Celestial and Terrestrial Tele-Ophthalmology: All of the above in a Tele-medicine Integrated Head-mounted Goggle-like Diagnostic Device (Under Development)		<ul style="list-style-type: none"> • Various Ocular and Systemic diseases using "Eye as a window to the body"

NEW TECHNOLOGIES

Current Studies

Ocular Diseases: Cataract, AMD

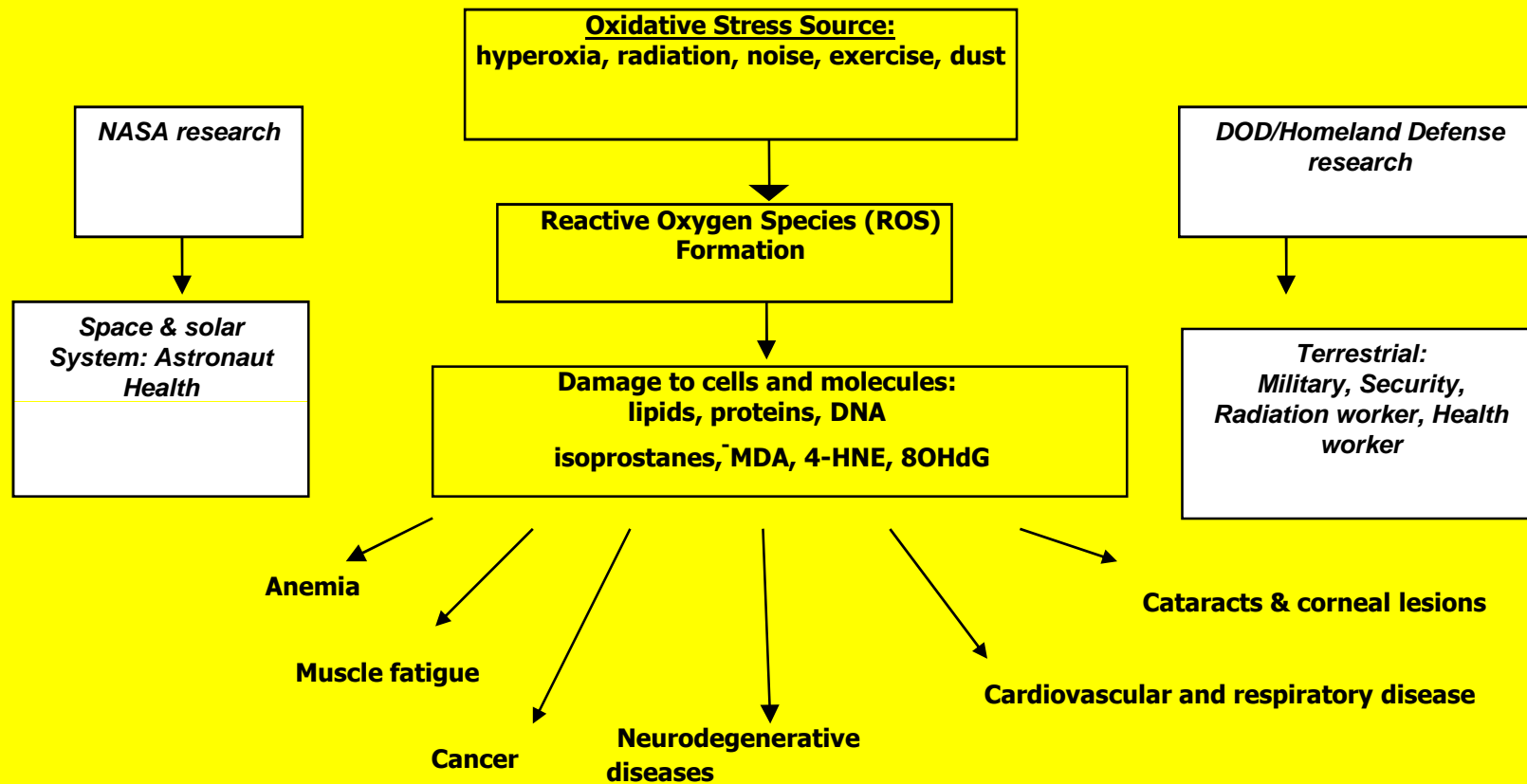
Systemic Diseases: Alzheimer's, Diabetes

Space Medicine Issues: Radiation effects, EVA's
(finger-tip injuries)

Occupational Medicine: Oxidative stress in JSC diver
population

Aviation Medicine
and Safety: Pilot Fatigue & neurovestibular
effects (Flicker Vertigo)

Oxidative Stress Leads to Aging and Disease



Whole body cellular level injuries occur with oxidative stress due to reactive oxygen species (ROS)

Diseases of radiation-exposed tissues linked to **Oxidative Stress**

- ◆ Cataracts (Space and Aviation Crews)
- ◆ Age-Related Macular Degeneration

Cosmic Radiation Increases the Risk of Nuclear Cataract in Airline Pilots

Vilhjalmur Rafnsson et al, Arch Ophthalmol. 2005;123:1102-1105

Population-based case-control study of 445 men.

Conclusion: The association between the cosmic radiation exposure of pilots and the risk of nuclear cataracts, adjusted for age, smoking status, and sunbathing habits, indicates that cosmic radiation may be a causative factor in nuclear cataracts among commercial airline pilots.

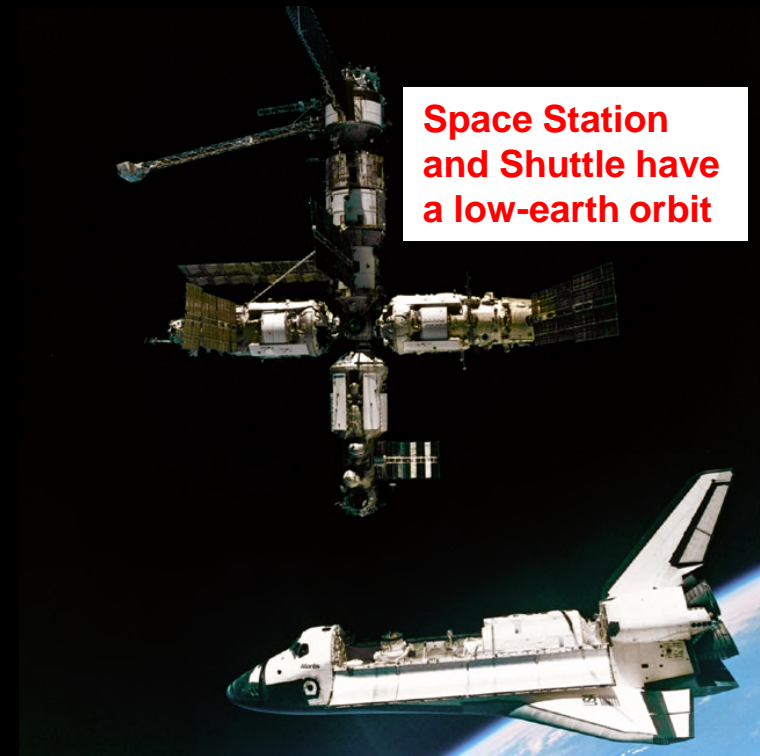
NOTE: 0.5 REM/year compared with 5 REM/year for the Radiation worker

295 Astronauts longitudinal study at NASA JSC

Relatively low doses of space radiation are causative of an increased incidence and early appearance of cataracts

Cucinotta et al., "Space radiation and cataracts in astronauts", Radiation Research, Vol.156, No. 5, 460-466, Nov. 2001.

Rastegar et al., "Radiation Induced cataract in astronauts and Cosmonauts", Graef. Arch. Clin. Exp. Oph., 240 (7) 545, 2002.



Space Station and Shuttle have a low-earth orbit

Global Blindness

- 37 million blind people and 124 million with low vision, excluding those with uncorrected refractive errors.
- The main causes of global blindness are cataract, glaucoma, corneal scarring (from a variety of causes), age-related macular degeneration, and diabetic retinopathy.
- Global Vision 2020 initiative is having an impact to reduce avoidable blindness particularly from ocular infections, but more needs to be done to address cataract, glaucoma, and diabetic retinopathy.

A Foster and S Resnikoff, “The impact of Vision 2020 on global Blindness”, *Eye* (2005) 19, 1133–1135.

BLINDNESS: A Global Tragedy
Seeing-eye Children of Africa



Photo taken from LIFE
Magazine Aug 94 issue.

LIFE August 1994

Problems due to Aging here on Earth

BLINDNESS DUE TO CATARACTS

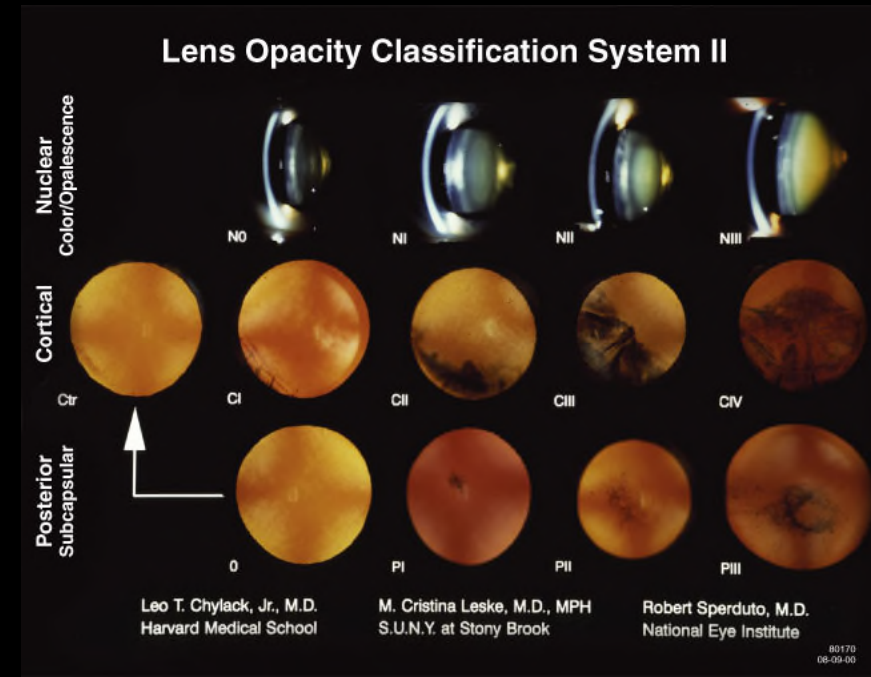
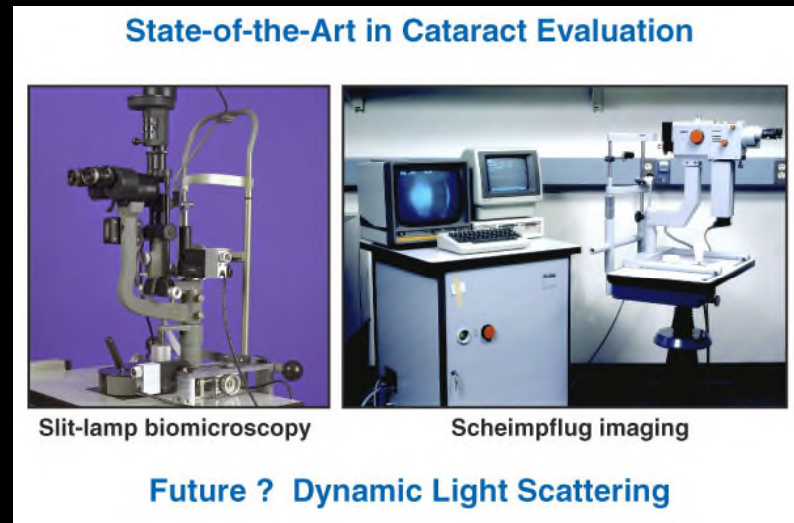
- Worldwide, 50% of all blindness is due to cataracts
- No medical treatment
- 1.4 million cataract surgeries are performed each year in the U.S.
- \$3.4 billion spent through Medicare
- 34 million Americans have cataracts over the age 65
- 70 million Americans will have cataracts in year 2030 compared to 34 million figure today

"A delay in cataract formation of about 10 years would reduce the prevalence of visually disabling cataract by about 45%"

(Carl Kupfer, MD, Director NEI/NIH, The Conquest of Cataract: A Global Challenge, trans. Ophthal., Soc., UK, 1985)

PRESENTLY CATARACT DIAGNOSIS IS BASED ON PHOTOGRAPHIC IMAGING

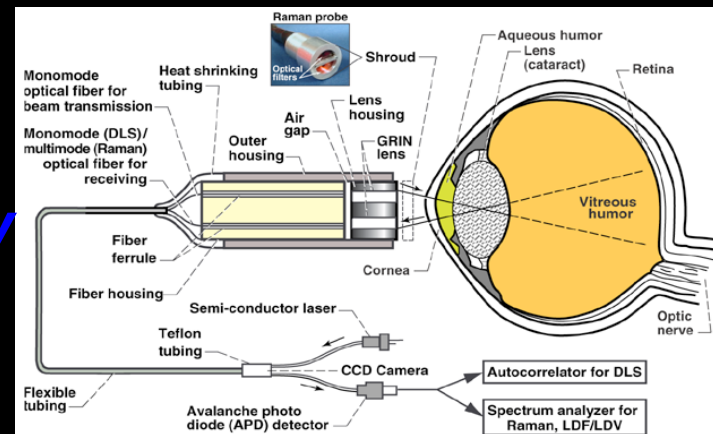
Qualitative and not an Early Measure of Cataractogenesis



DLS is 2-3 orders of magnitude more sensitive

Datiles and Ansari, Chapter 73B, Duanne's Clinical Ophthalmology,
2009

Dynamic Light Scattering
Quasi-Elastic Light Scattering
Photon-Correlation Spectroscopy
New Developments and Use in
Ophthalmology



Ansari, R.R., "Ocular Static and Dynamic Light Scattering: A Non-Invasive Diagnostic Tool for Eye Research and Clinical Practice", J. Biomed. Optics, 9(1) 22-37, 2004.

Ansari, R.R., "Quasi-Elastic Light Scattering in Ophthalmology", *Coherent-Domain Optical Methods for Biomedical Diagnostics, Environmental and Material Science*, Kluwer Academic Press, Chapter 11, 2004.

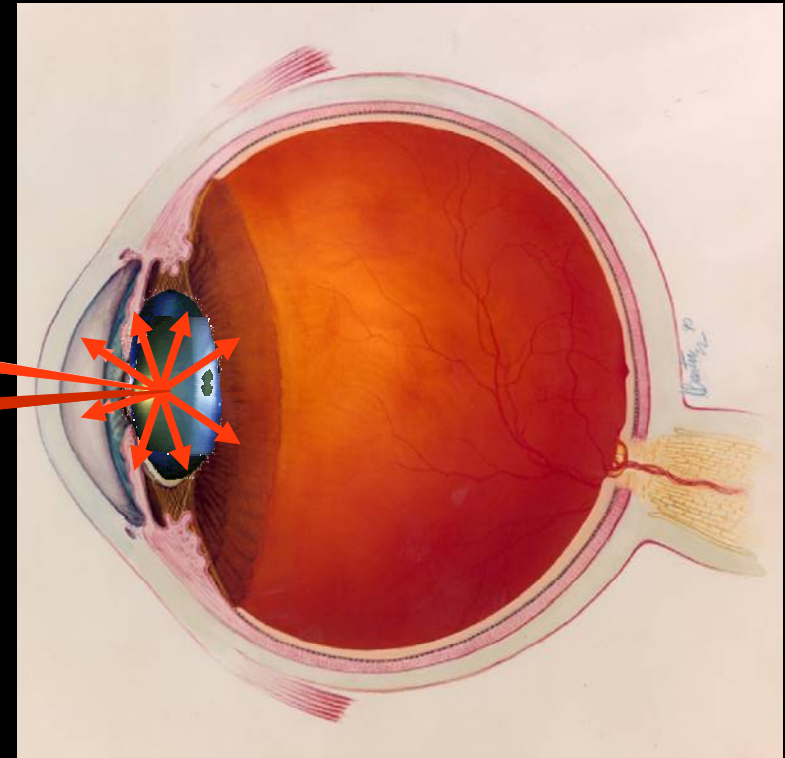
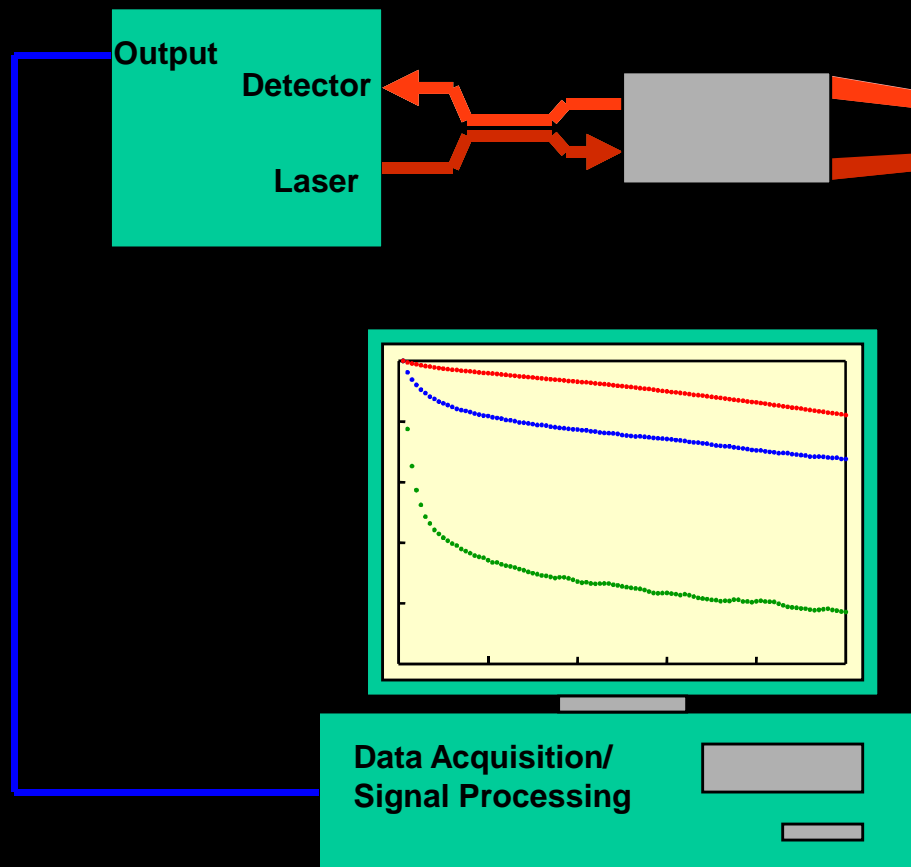
Recent Studies on oxidative stress

- *Aging Baseline established (humans)*
- *Response to HBO established (guineapigs)*
- *Response to UVB established (guineapigs)*
- *Response to ionizing radiation (rabbits)*
- *Response to anti-oxidant treatment to treat cataract (rats)*

UV Radiation Environment: J. Photochemistry and Photobiology,
November 2008

Hyperbaric Oxygen Environment: IOVS, Vol. 46, No. 12, pp 4641-4651,
December 2005.

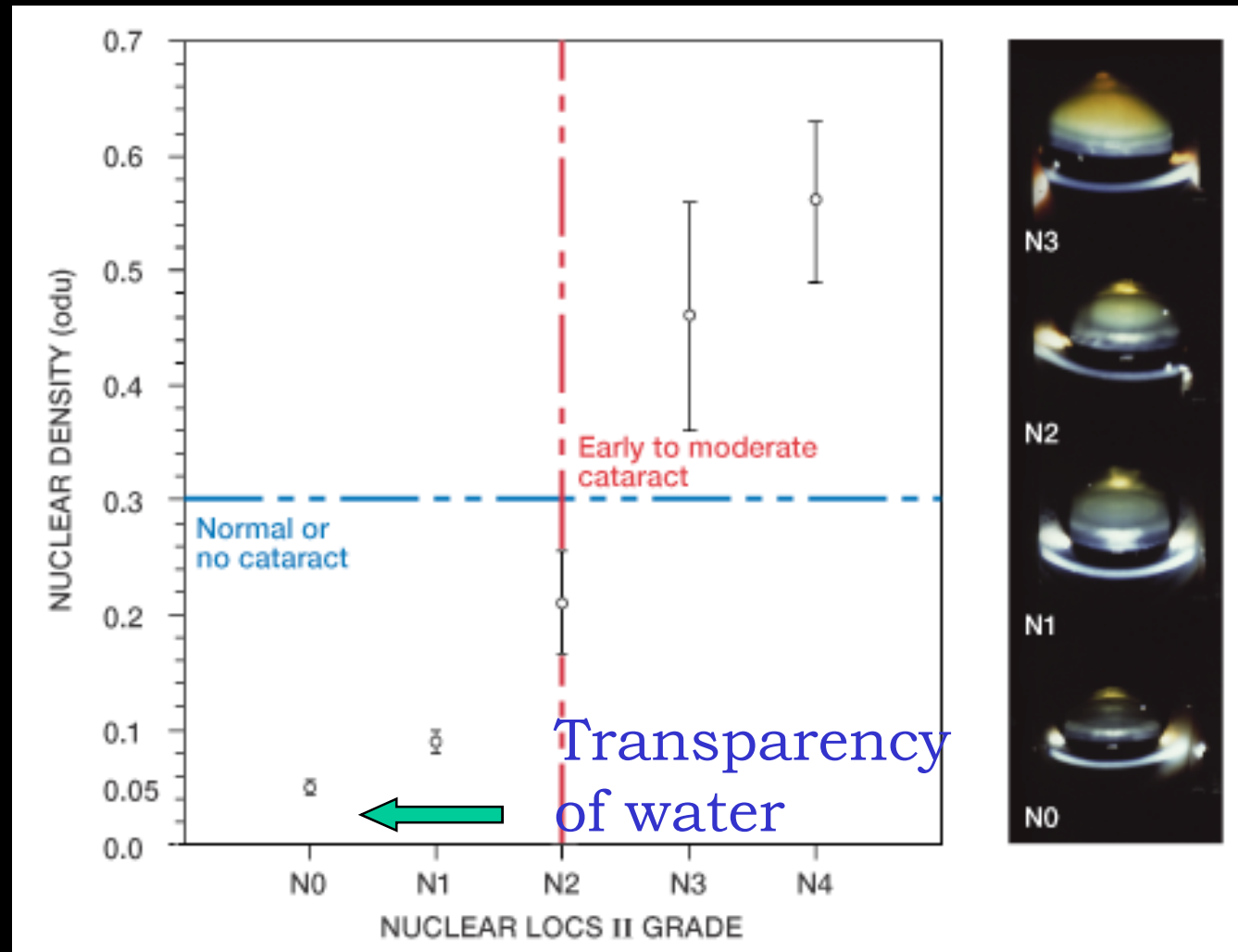
How the Early DLS Detection System Works?



Laser Power: 100 Micro Watts
Exposure Time: 5 Seconds

Datiles and Ansari, "Evaluation of Cataracts", in Duannes Clinical Ophthalmology, Chapter 73-B, Lippincot Williams Wilkins, 2004

Association Between Nuclear Opalescence LOCS II Grades Obtained Clinically and the Nuclear Densities (odu), Together With 95% Error Bars



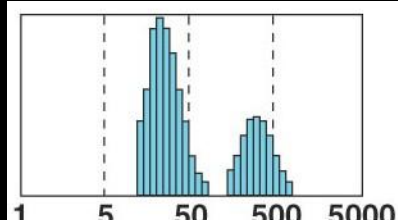
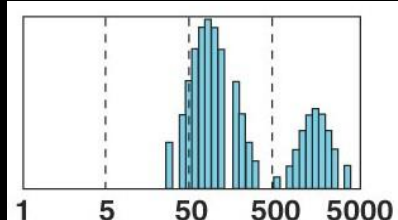
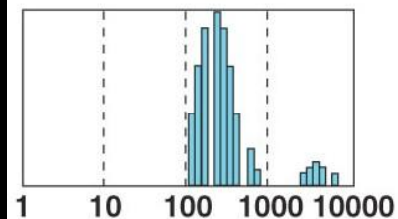
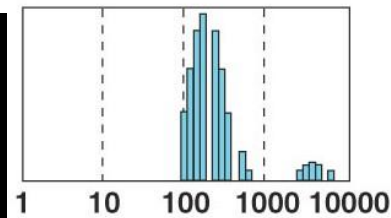
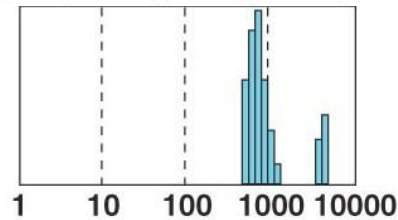
Datiles, M. et. al, Brit J. Ophthalmol. Vol. 79, 527-534, 1995

Sensitivity of DLS compared To Scheimpflug?

(in a Cold-Induced Cataract
Model; Intact Calf Eyes)

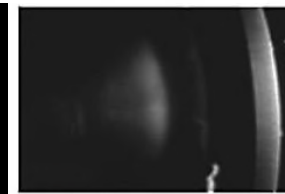
Ansari and Datiles,
Exp. Eye Res.,
Vol. 74, 93-102,
2002

Particle size distribution from DLS



Diameter, nm

Scheimpflug Images



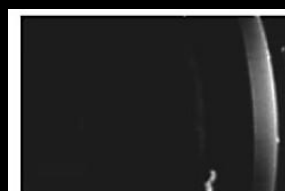
9 degree C .03 ODU



11 degree C .01 ODU



15 degree C .01 ODU



17 degree C .01 ODU



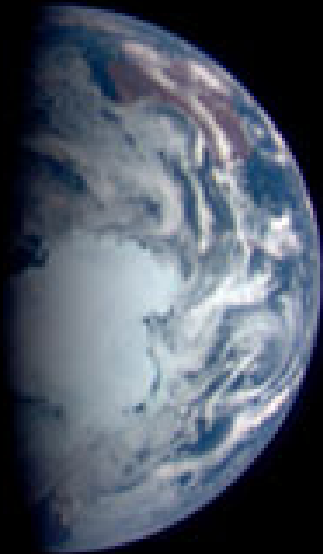
18 degree C .01 ODU

N_0 on LOCS II

Similar to an ultra clean sample of water

Evaluation of Pre-senile Cataract with DLS and Comparison with AREDS Optical Lens Grading System

NASA-NEI Collaboration



Manuel Datiles, MD

Rick Ferris, MD

George Reed, PhD

Susan Vitale, PhD

Kwang Suh, PhD

Rafat Ansari, PhD

Recent Clinical Study:

***Alpha-Crystallin Index: A New
Parameter to Assess Susceptibility to
Oxidative Stress leading to Cataract
in Humans using DLS***

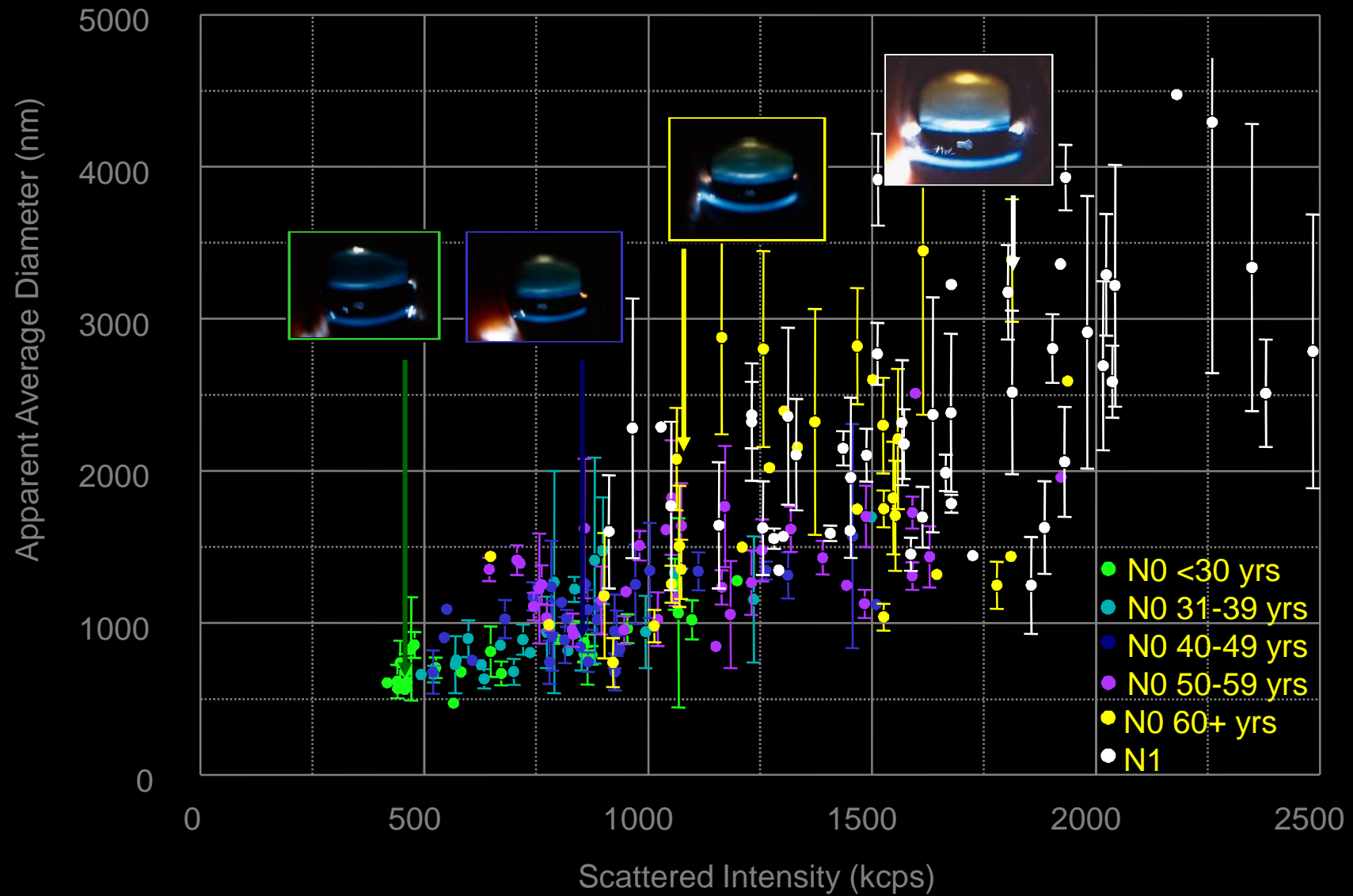
***Archives of Ophthalmology Vol. 126,
December 2008***

NASA's Clinical DLS Device in use at NEI/NIH (M.B. Datiles III, M.D.)

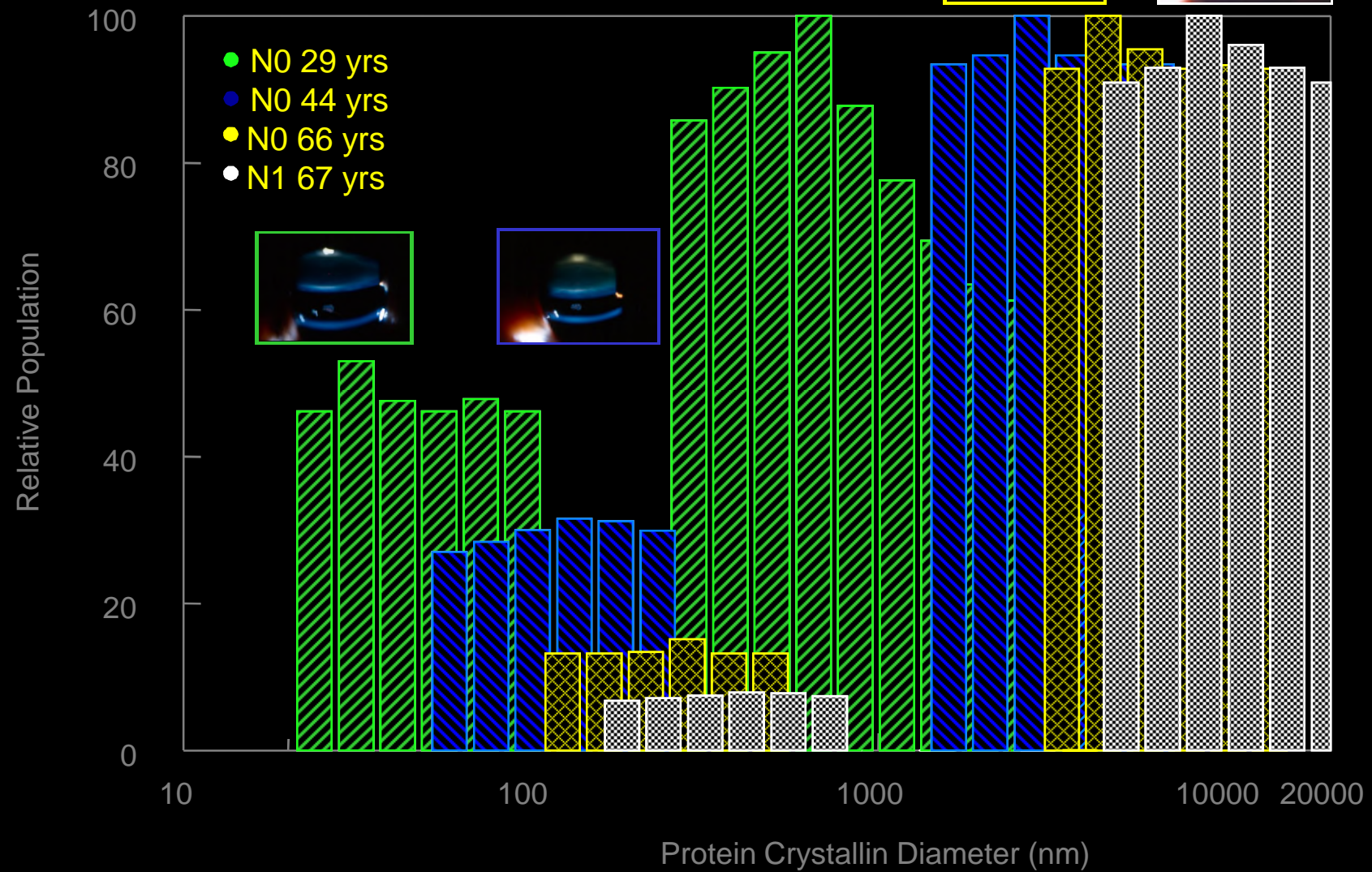


DLS Probe Mounted on a Keratron for
Lens and Cornea

Normal Lens Nucleus N0 & N1 (AREDS)

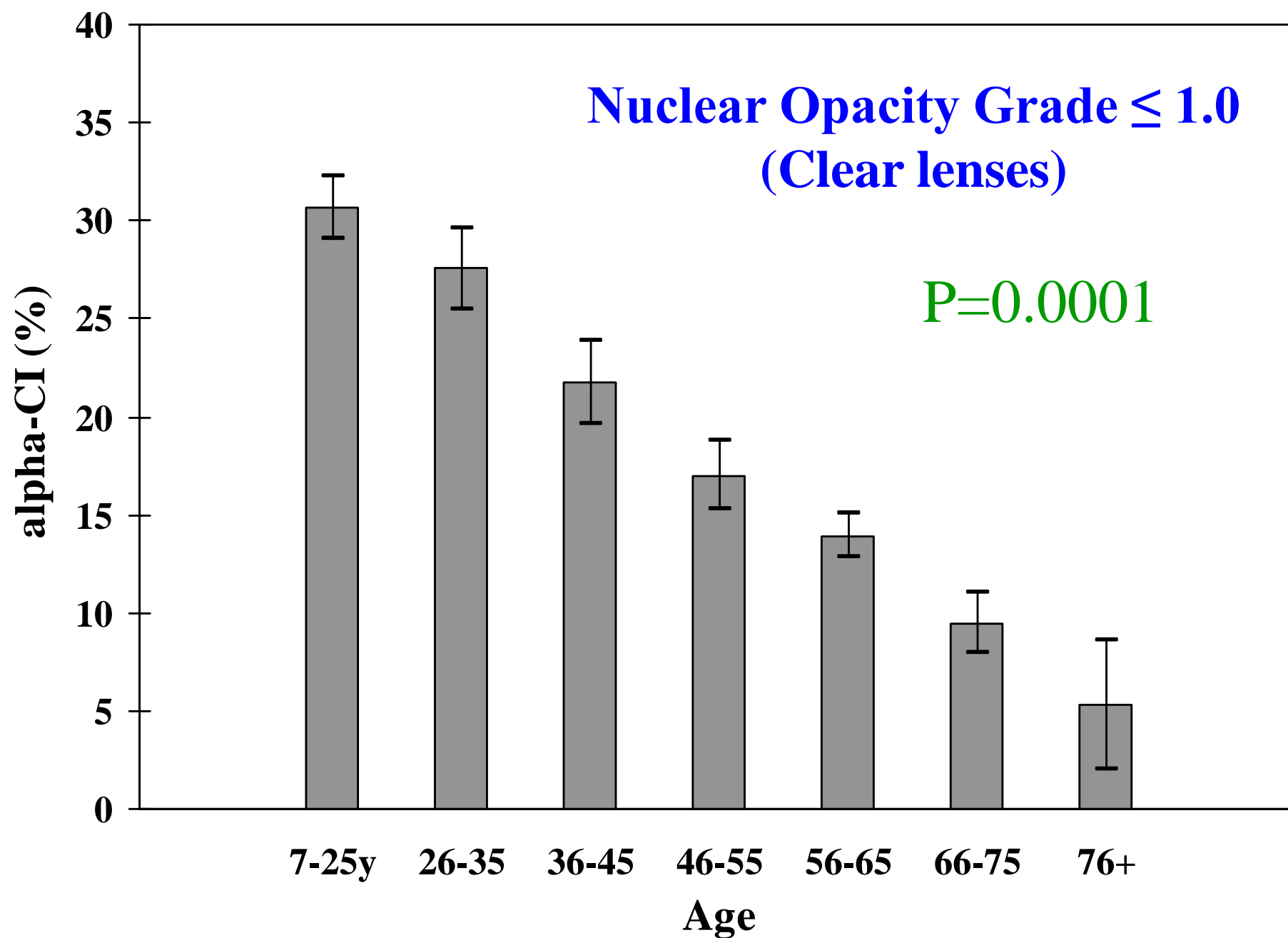


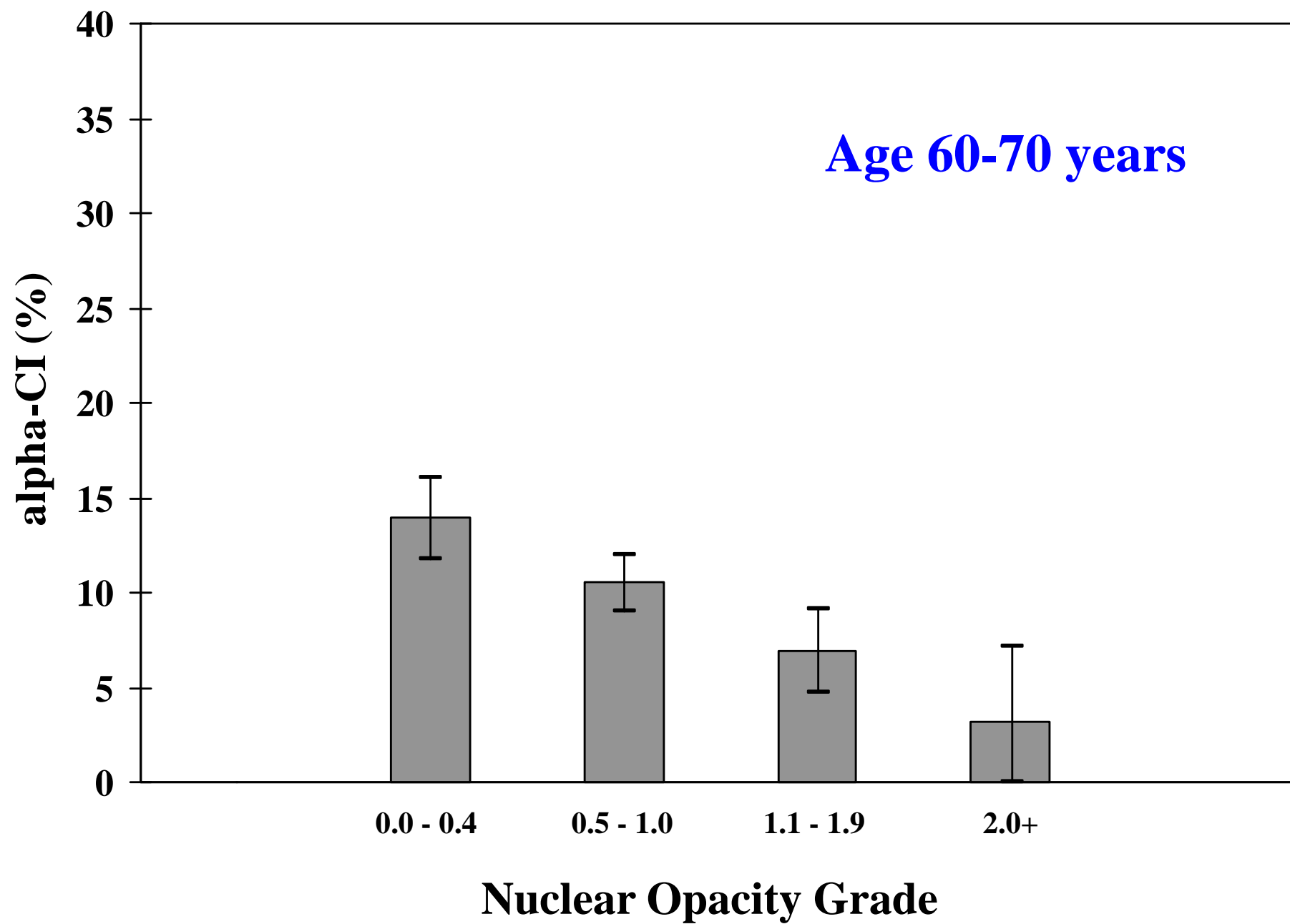
DLS Size Distribution (Age/AREDS)



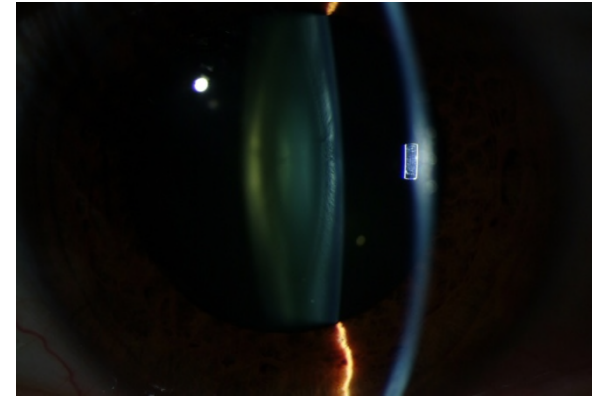
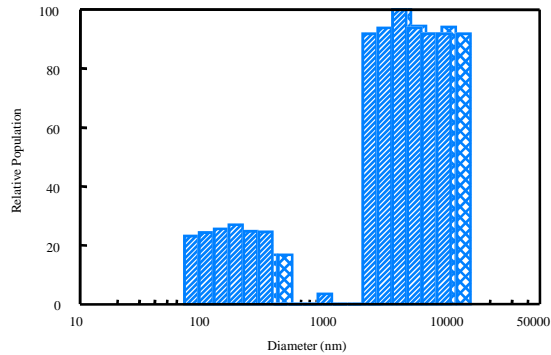
The α -Crystallin Index: a new parameter to assess oxidative stress and susceptibility to Cataract

- α Index: Amount of unbound alpha-crystallin in the lens.
- Act as molecular chaperones which prevent lens protein aggregation due to oxidative stress
- Decreasing levels of alpha-crystallin are associated with increased risk of nuclear sclerosis

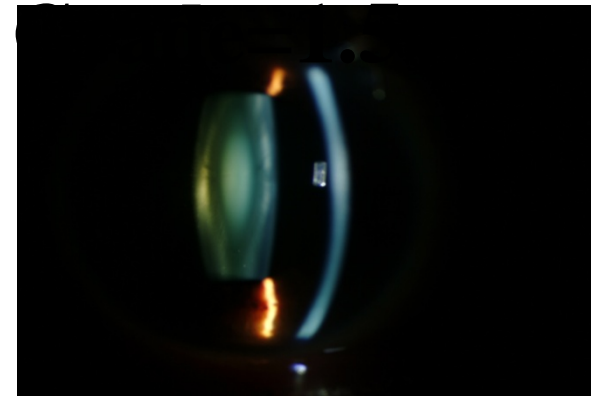
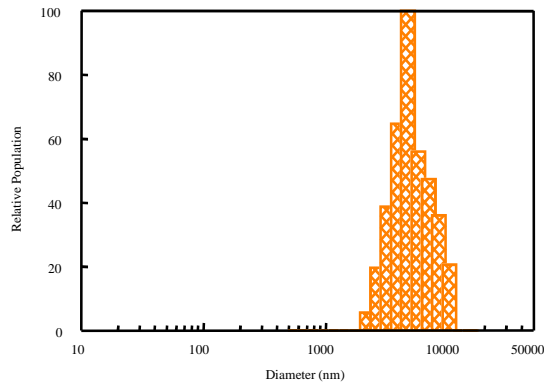




11 month Follow up of Pre-Senile Nuclear Cataract



AREDS Nucleus

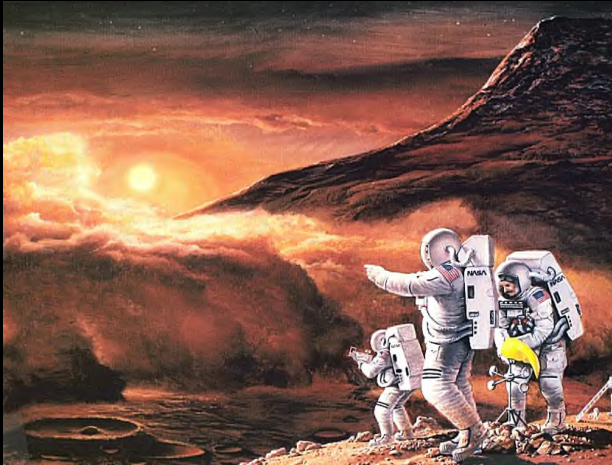


**AREDS Nucleus
Grade=2.5**

Conclusions and Current Status

- The α CI, a measure of the amount of alpha-crystallin in the lens significantly decreases with age and with cataract formation.
- Decreasing levels of α -crystallin are associated with increased risk of Oxidative stress.
- Currently, clinical work is continuing at NIH and Wilmer Eye Institute of Johns Hopkins- Oxidative Stress Mechanism post vitrectomy surgeries- synergistic with DARPA/NASA proposed work.

Cataract Prevention or Reversal ?



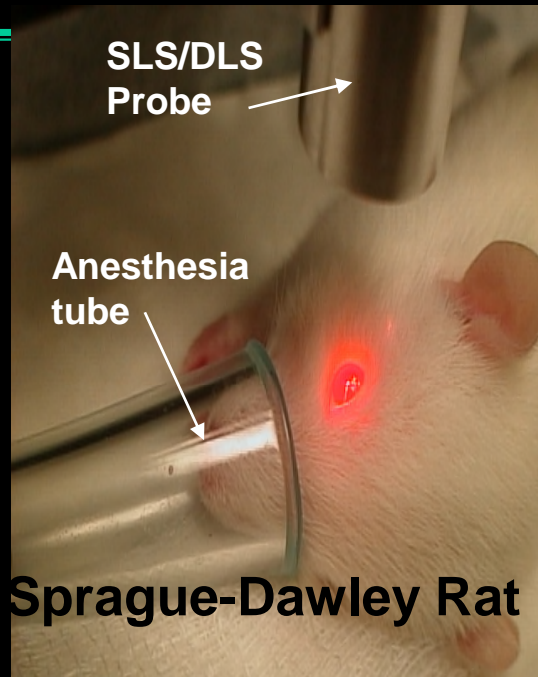
Is Treatment Possible ?



- Aldose Reductase Inhibitors
- Pantethine
- Tempol-H (NIH)
- Antioxidants (red wine, tea caretonoids, isoflavones)
- Vitamin Supplements (AREDS Study)

Countermeasures

Cataract Treatment in Rats (33 Animals Studied)

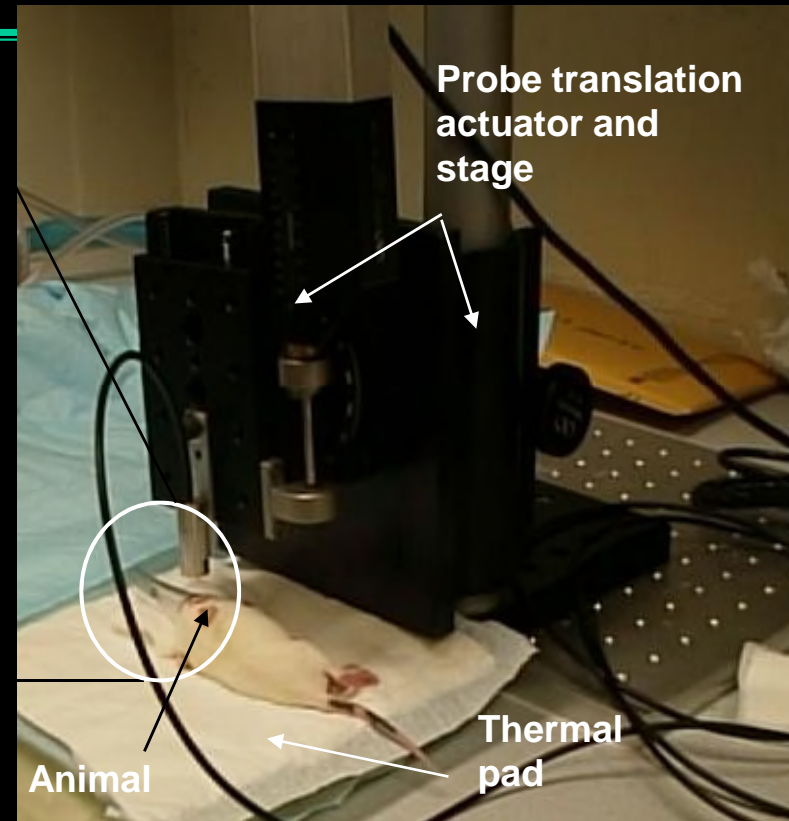


Animal Close-up

Measurement Time: 5 Sec

Wave-length: 670 nm

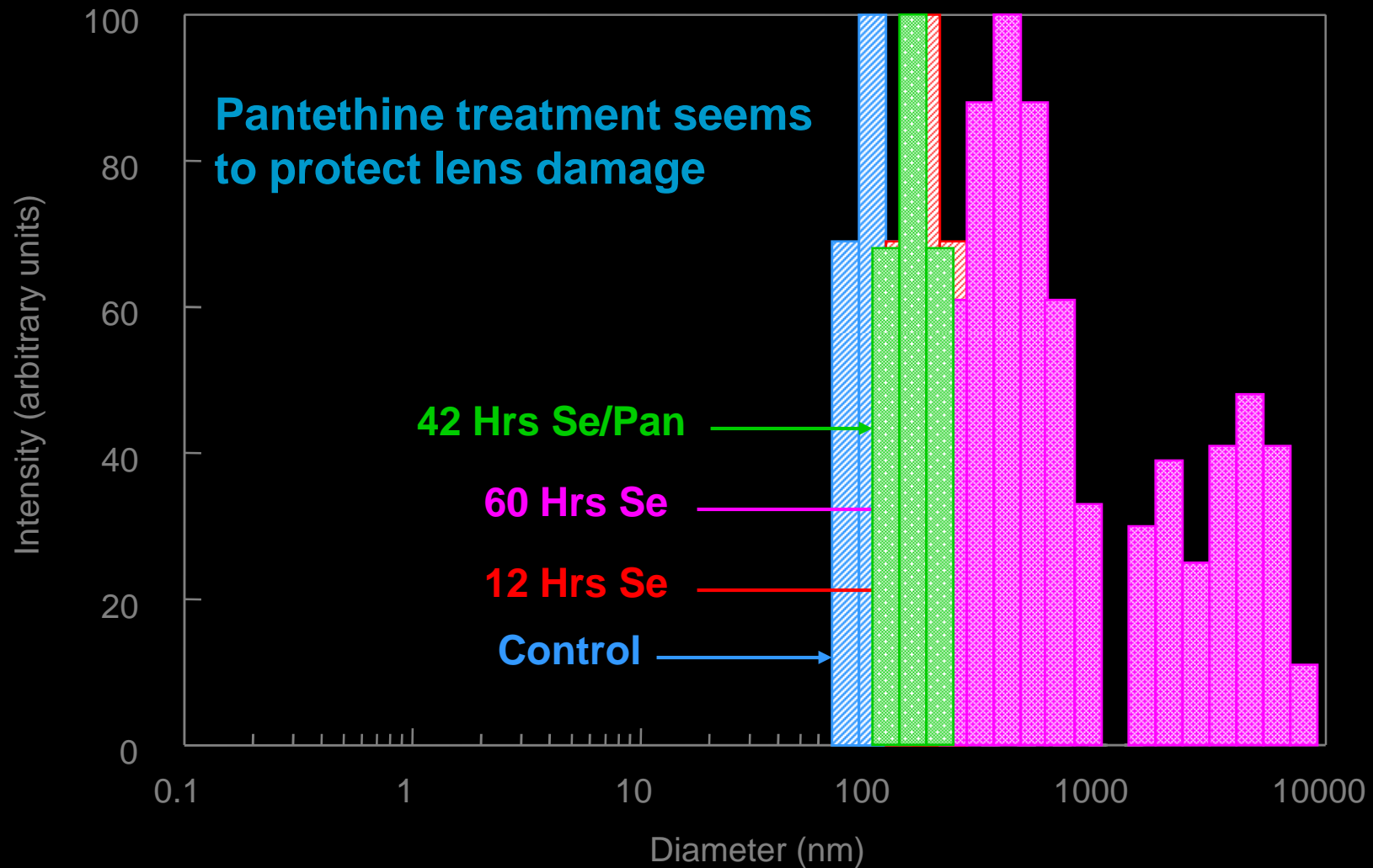
Power: 80 microwatts



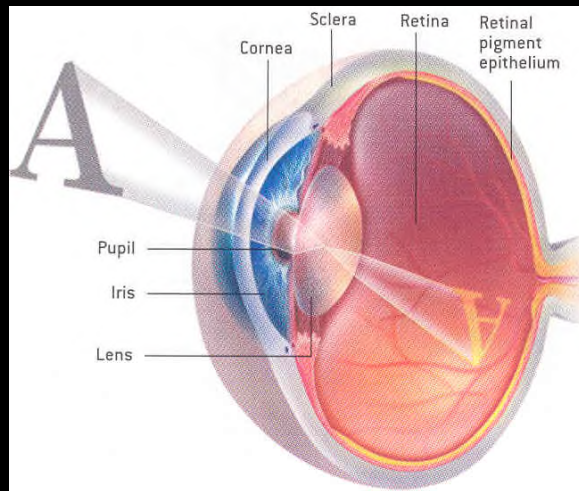
**Ansari et al, Ophthalmic Tech. XIII,
SPIE Vol. 4951, 2003**

Pantethine Treatment in Rats

Particle-Size Distributions after DLS Exponential Sampling Analysis



Looking at Alzheimer's through the Eye

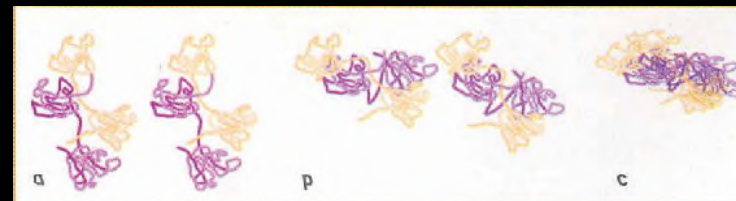


SCIENTIFIC
AMERICAN

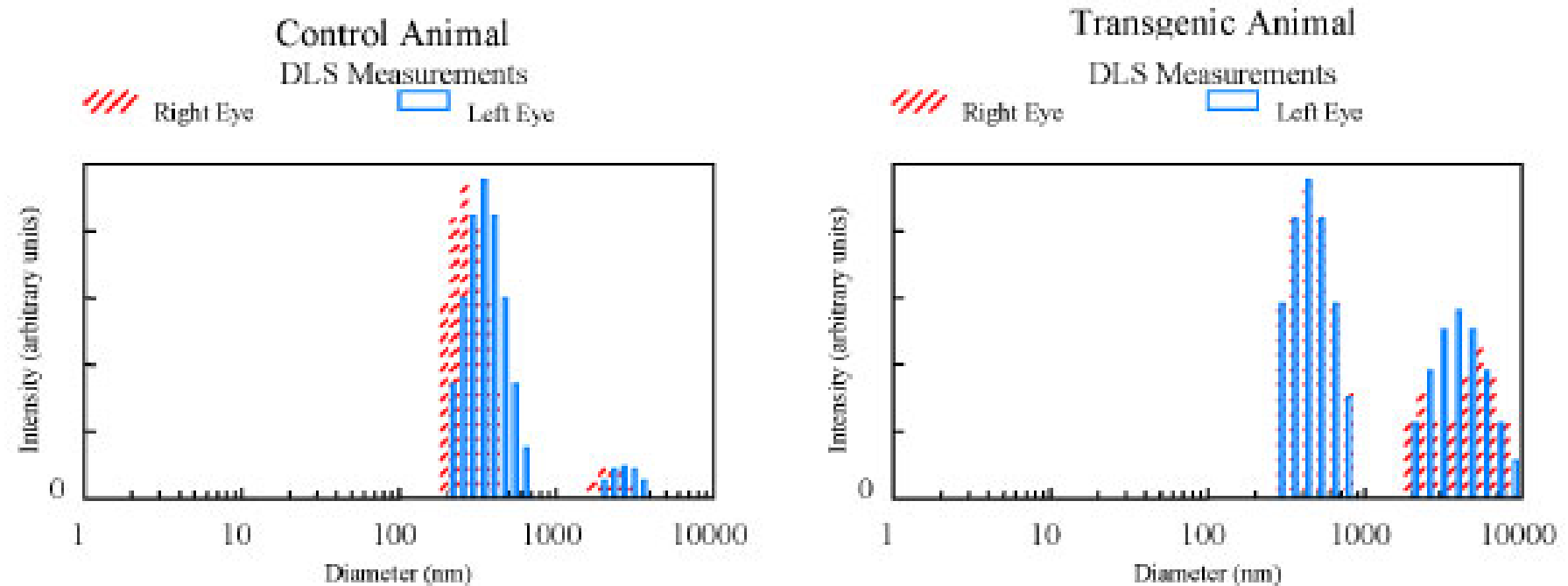
OCTOBER 2004

Studies of the lens of the eye not only could reveal ways to prevent cataracts but also might illuminate the biology of Alzheimer's, Parkinson's and other diseases in which cells commit suicide

By Ralf Dahm



Early Detection of Amyloidogenesis (Alzheimer's)



Ansari, R.R., JBO, Jan. 2004

Seeing the Invisible with DLS

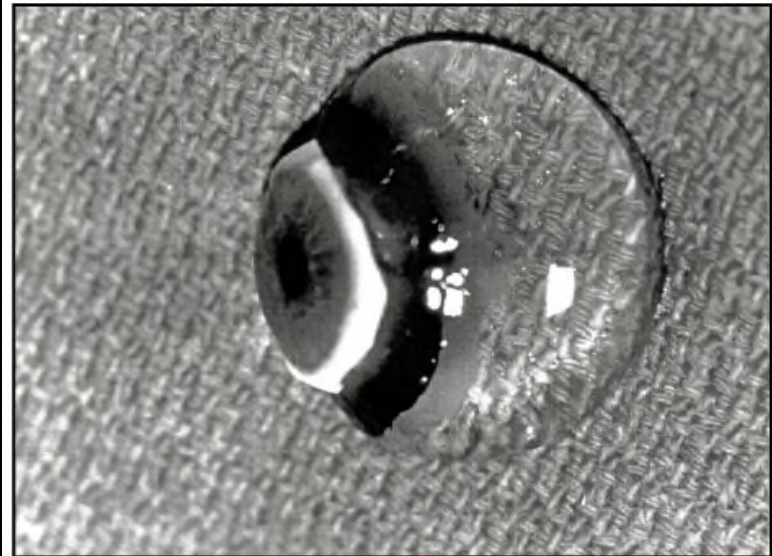
Vitreous in Aging and
Disease

Diabetes accelerates the
Aging Process

Prevention of Retinopathy
of Pre-maturity

- Exp. Eye Res., 73(6), 859-866, 2001
- Graefs Arch Clin Exp. Ophthalmol, 245: 676-580, 2007

Vitreous of a 9 Month Old Baby Boy



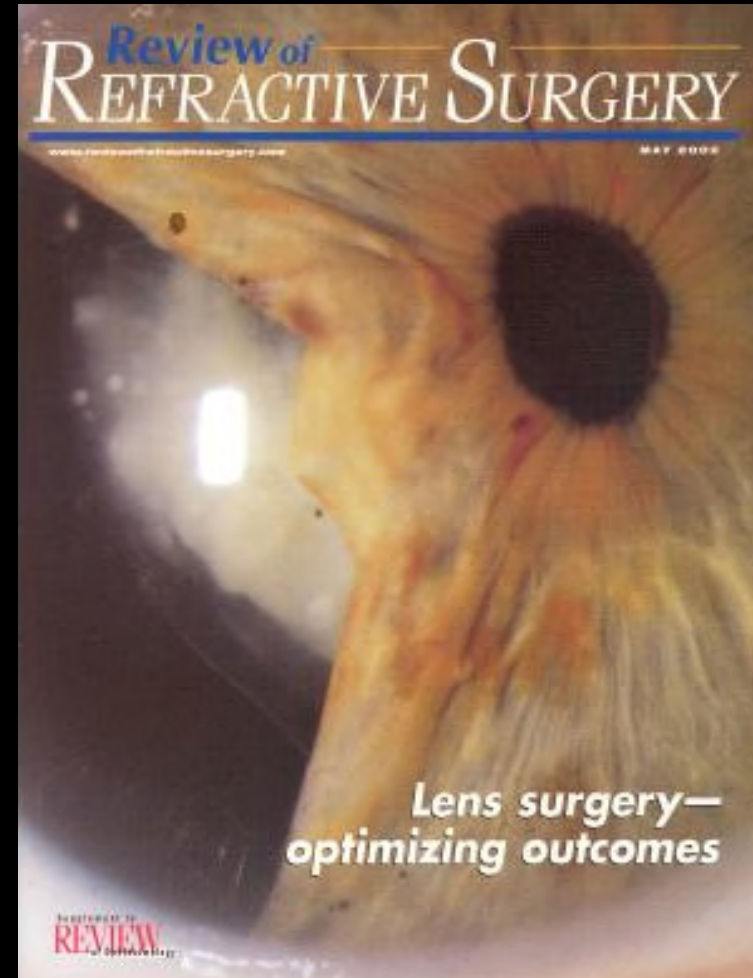
J. Sebag, Doheny Eye Clinic

CORNEAL EVALUATION

DYNAMIC Light Scattering **FOCUSES** ON THE Cornea

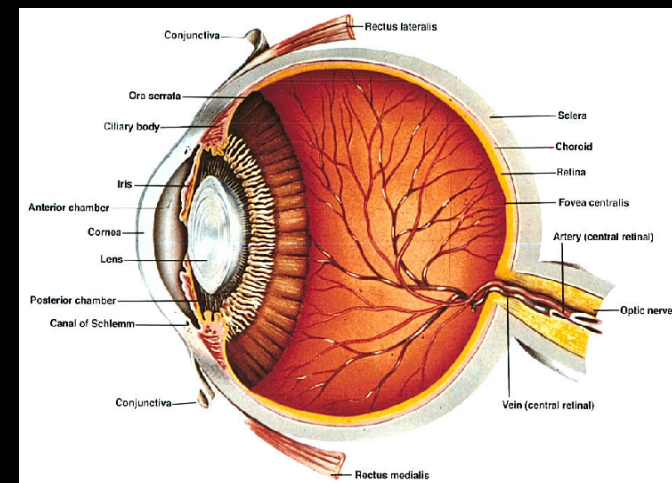
Molecular measures of clarity

Early evaluation of Haze and
Healing post LASIK and PRK



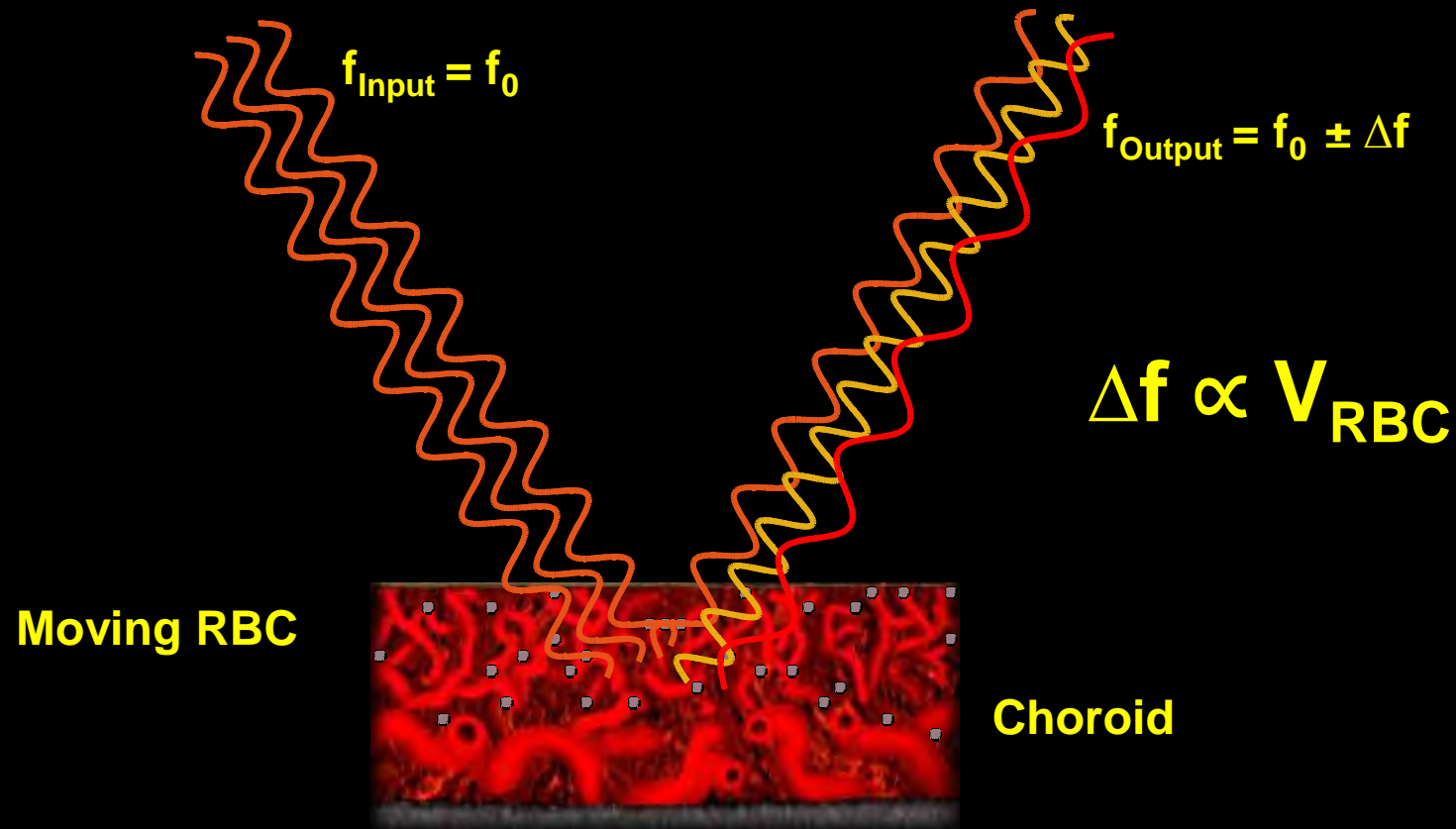
Astronauts Report Changes in Visual Acuity and IOP in Orbital Flight

To this date this remains of unknown etiology



ChBF in response to changing fluid levels in weightless conditions

LDF Principle of Operation in Choroid



ChBF plays a major role in the supply of nutrients to the photoreceptors and pigment epithelium in humans

KC-135 Head-mounted LDF Apparatus

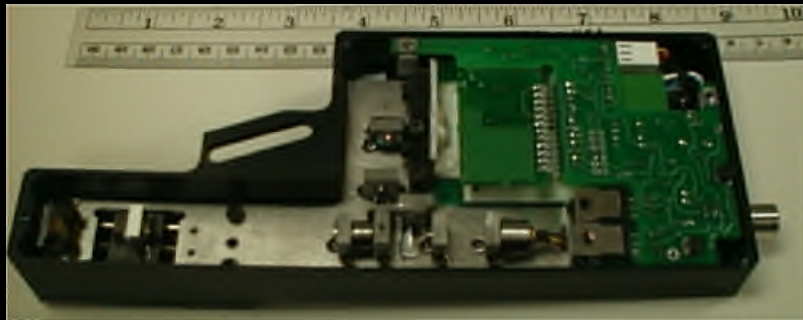
Weight: ~2 Lbs

Laser: 875 nm

Power: 100 μ W

Duration: 10 s

Non-mydrriatic



- 25 subjects studied (18 males, 7 females)
- Age: 23-51 Years old
- Subjects were allowed to blink

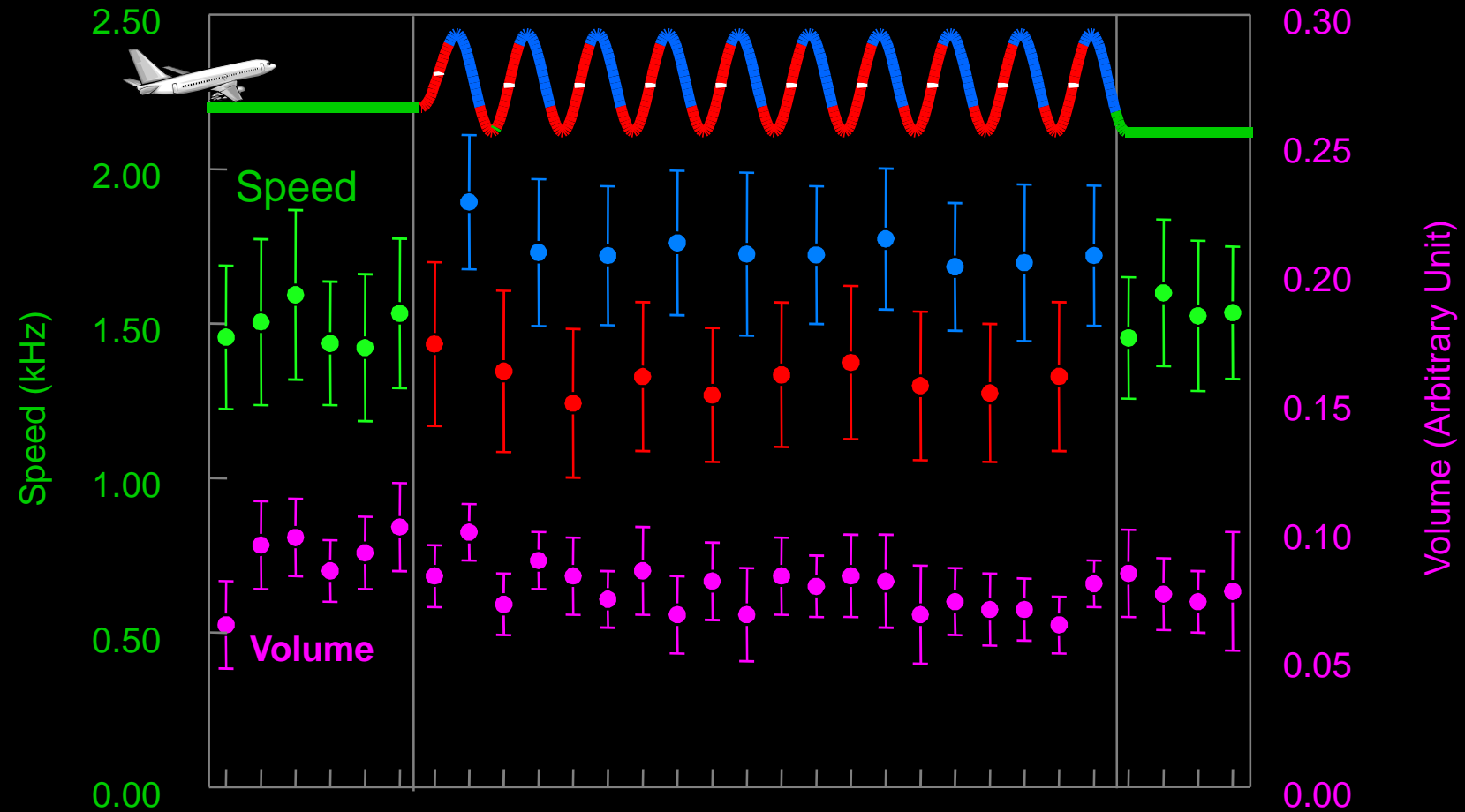
KC-135 Flight Tests



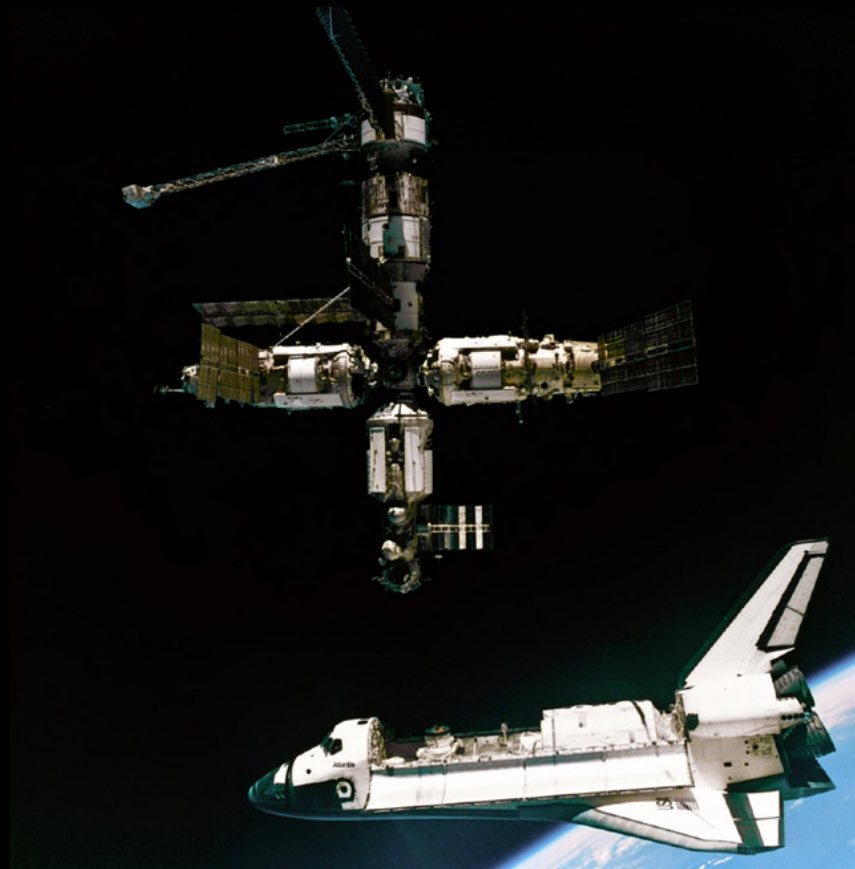
Choroidal Blood Flow Measurements in 0-G-2G



Sample Flight LDF Data: MD (49 years old)



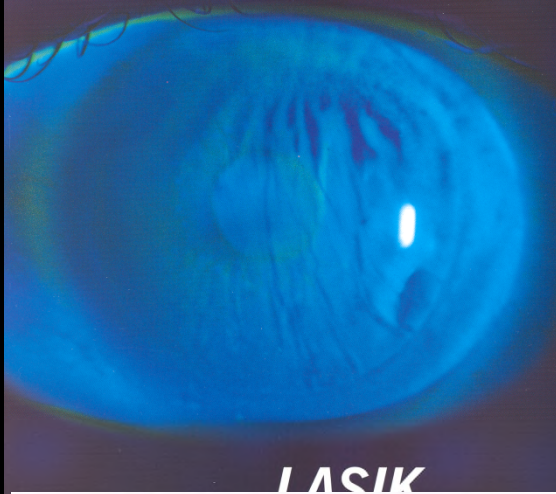
Since there are no Baro Receptors
Does the Choroid Self Regulate in
Long-Duration Missions?



Review of REFRACTIVE SURGERY

www.reviewofrefractiveurgery.com

VOLUME 4, NUMBER 4 NOVEMBER 2003



LASIK



Figure 2. Blood pressure and LDF measurements in zero-g. left to right, (Upside down) Keith Manuel, (Back) Bobby Clark, King, (Front) Raul Blanco (blood pressure test subject), Ansari, and Geoffrey Iszard (LDF test subject).

SPECIAL REPORT

Microgravity Measures OF Acuity

Leslie Sabbagh, Editor in Chief



Figure 1. The KC-135 microgravity airplane at NASA's Glenn Research Center in Cleveland. (left to right): Kwang Suh, (senior research associate), James King (design engineer), Rafat Ansari, (principal investigator), Ace Beall (pilot), Frank Marlow (co-pilot), John Yaniec (lead flight test director), John Lamb (flight engineer), James Withrow (flight test director).

A New Miniaturized Wireless Fiber-optic Sensor for Distal Finger-tip Injuries in Astronauts

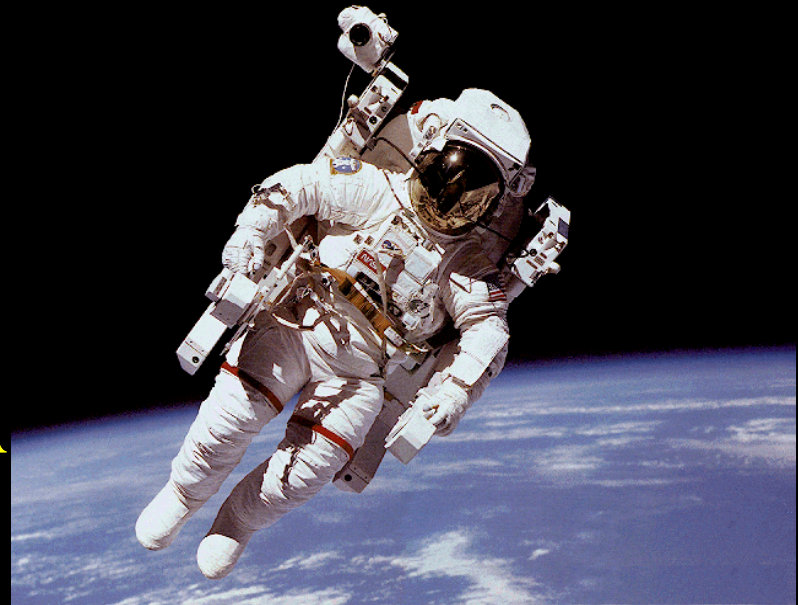
Jeffery Jones, MD, JSC

Luca Pollonini, PhD, UTHSC

Mikael Rodriguez, UTHSC

Roedolph Opperman, MIT/USRA

Jason Hochstein, ISU/USRA



EVA Physiology, Systems &
Performance Project

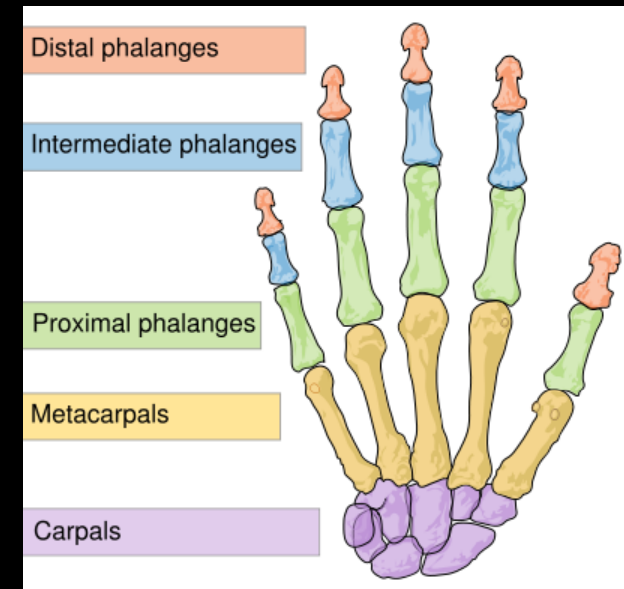
Ansari et al., Opt. Diag. and sensing, BiOS, Vol 7186-08, 2009

EMU Glove

- Most complex and most critical part of the entire suit.
- 22 Apollo-era astronauts said “of all the future improvements in the EMU suit, improving the glove is the most important”

Human Hand has 27 Bones and 25 Degrees of Freedom

In the EVA environment the hand is not only a multipurpose tool but also the primary means of locomotion, restraint, and object handling



Existing EVA gloves significantly reduce hand dexterity, range of motion, tactility, strength, and endurance. In addition, they are often uncomfortable to the point of pain and/or minor physical injury to the hands

Injuries

Fingernail delamination (onycholysis) is by far the most common injury reported among astronauts training in the NBL and performing EVA tasks.

Strauss, S. (2004). Extravehicular mobility unit training suit symptom study report (NASA/TP-2004-212075)

Series 4000 Astronaut Gloves (IP = 4.3 PSI)



Bladder



Restrainer



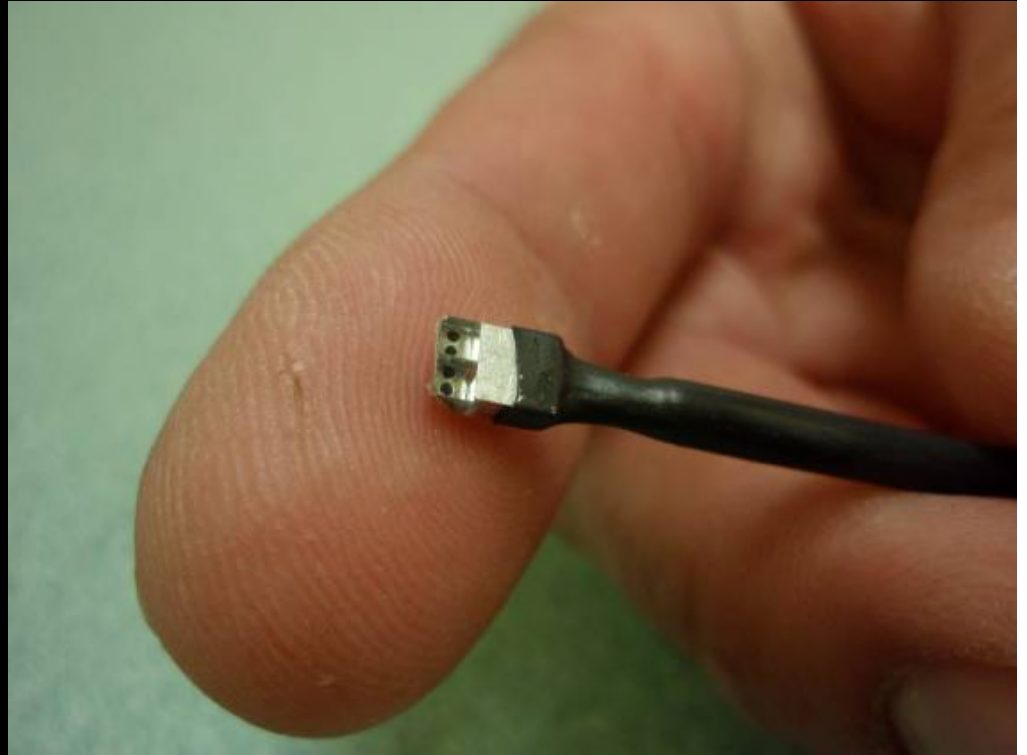
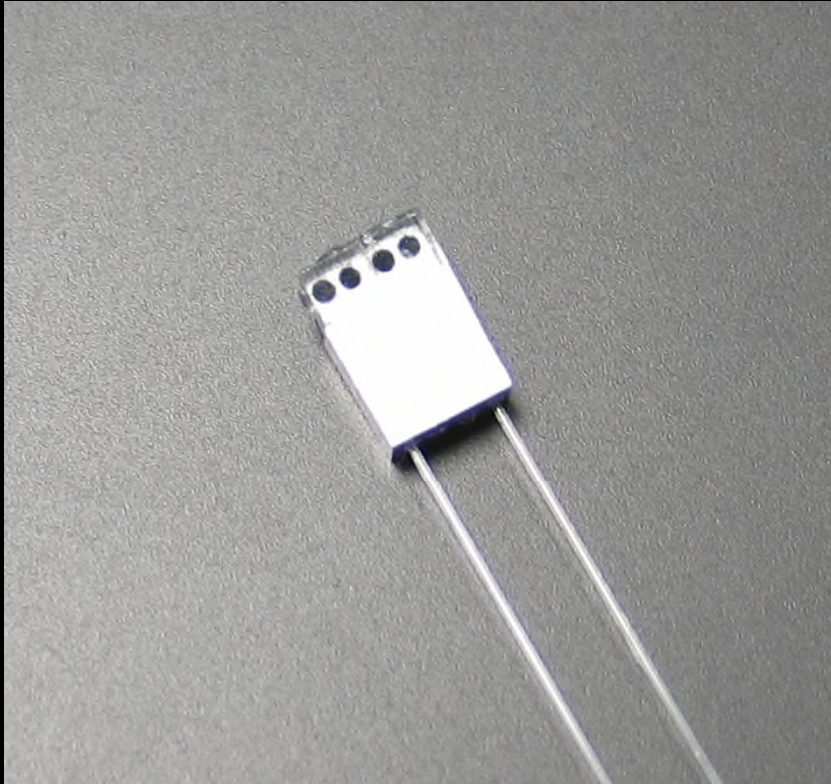
Thermal
Micrometeoroid
Garment (TMG)



Mild Nail Injury
(nail delamination)

What are the Mechanisms of Injury to the Fingers?

New Miniaturized Sensor



2 mm x 4 mm x 6 mm embedded in the astronaut EMU glove

Pilot Study (Summer 2008)

Ansari et al., Opt. Diag. and sensing, BIOS, Vol 7186-08, 2009

- How different loading conditions influence skin blood perfusion in the finger as well as contact pressure on the hand.
- 7 subjects (6 male and 1 female) were tested
- Perfusion decrement is a probable index of damage

Proper Nutrition is Very Important because 0-G can alter absorption levels and physiologic requirements



Fresh Fruit is a treat in space

Every President should know what his astronauts are eating in space, right?



Radiation Effects and Nutrition

Flashes of Light (protons/cosmic radiation ?)

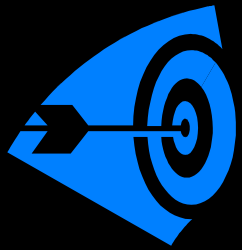
Eye is the only organ in the human body that instantly shows presence of ionizing radiation in the form of visible light sensation.



Freedom 7 Mercury 6
John Glenn
February 20, 1962

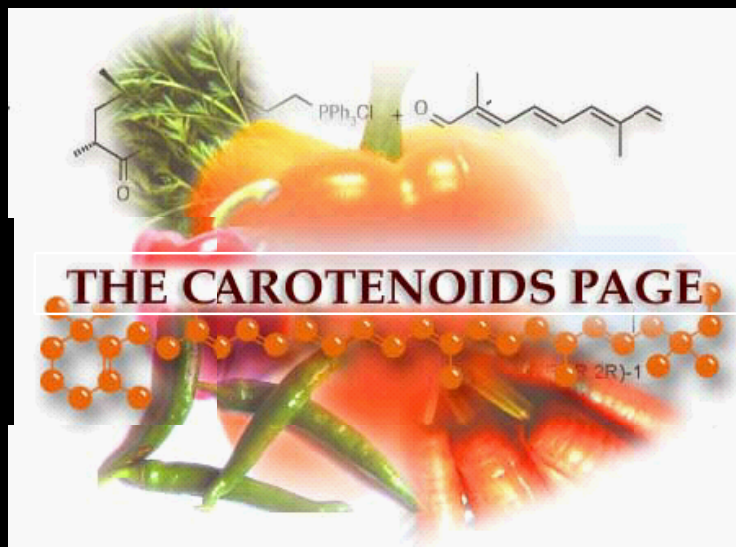
- There are no known health dangers associated with light flashes.
- But cosmic radiation in general is hazardous.
- Reactions can destroy cell nuclei and put astronauts at increased risk for AMD, cancer, and make them more susceptible to other diseases.

Diseases of radiation-exposed tissues linked to Oxidative Stress



◆ Age-Related Macular Degeneration

Association of Sunlight Exposure and
Antioxidant levels with AMD (Paulus and de-
Jong, Arch. Ophth. October 2008)

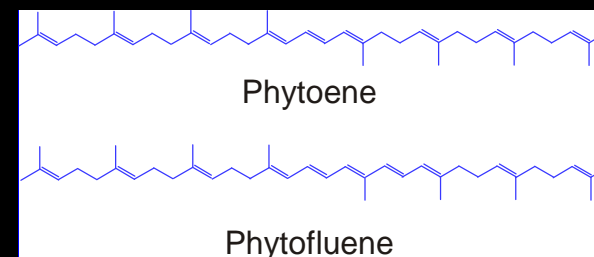
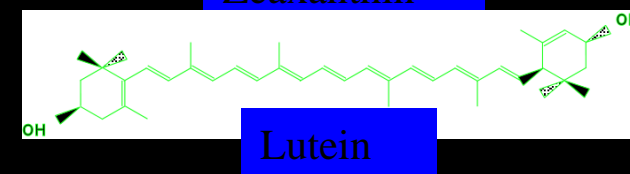
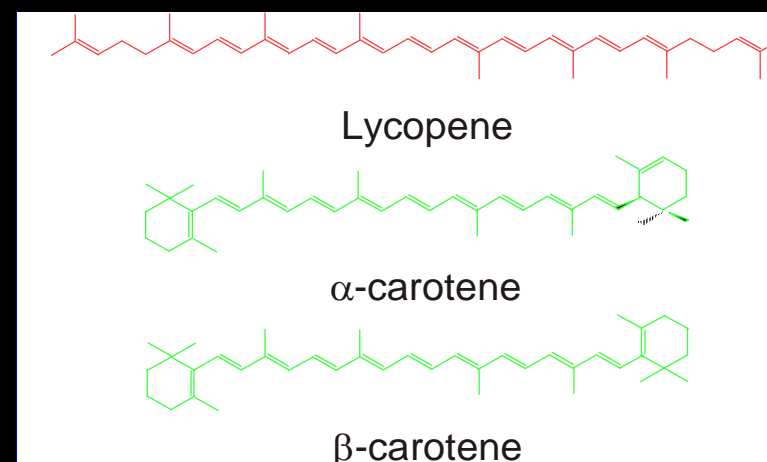


Carotenoids

Fat-soluble antioxidants (1O_2 quenchers)

Protect cellular DNA (lycopene)

Protect macular region of retina (lutein and zeaxanthin)

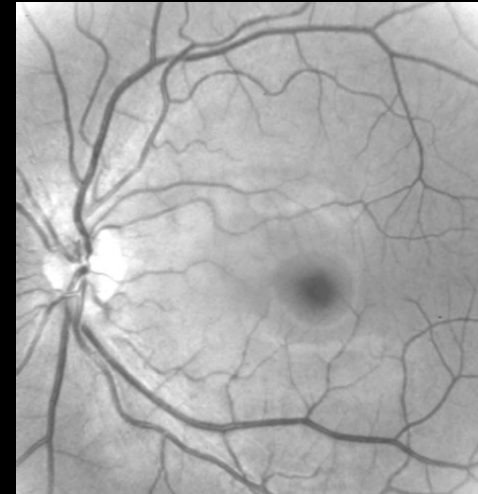


Carotenoids in the Human Retina

- Macula: retinal area of highest visual acuity
- Xanthophyll carotenoids lutein and zeaxanthin are concentrated in macula.
- Role of carotenoids: optical filtering; antioxidants (protection of macula from light-induced damage)



FILTERS



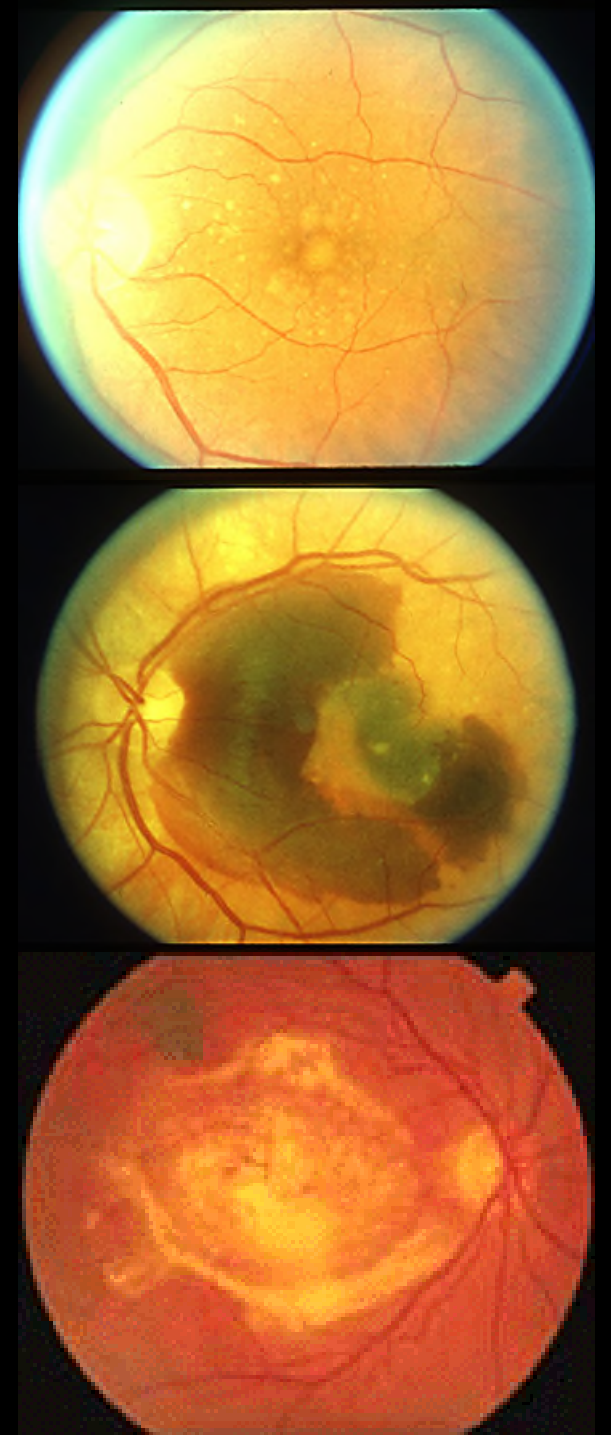
Oxidative Stress and AMD

Development:

- High metabolic rate
- High blue light exposure
- High oxygen levels -ROS's
- High levels of polyunsaturated fatty acids

Pigment Changes, Formation of drusen (hard and soft), Atrophy of RPE and photoreceptors, hemorrhage, etc.

TREATMENT/COUNTERMEASURES ?

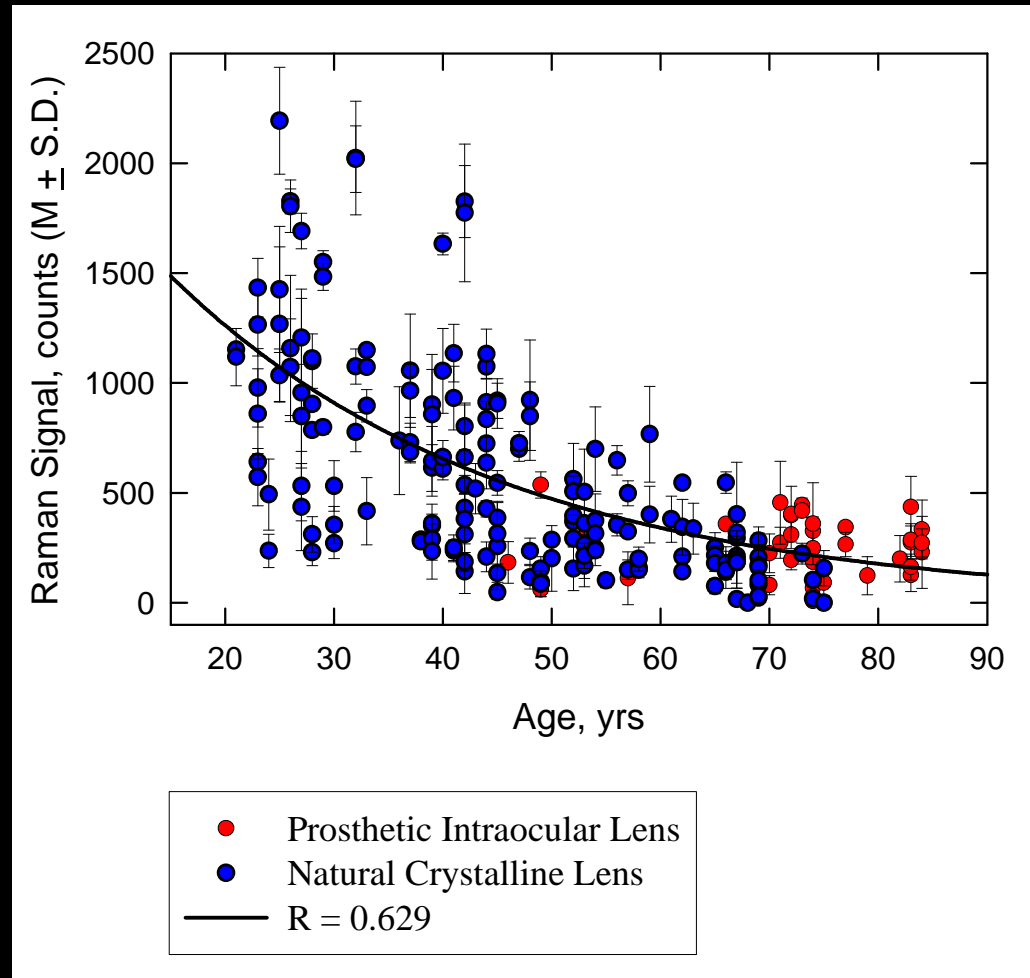


Raman Scattering in the Human Macula & Skin to Measure Carotenoids Non- Invasively



Loss of Macular Pigment with increasing Age

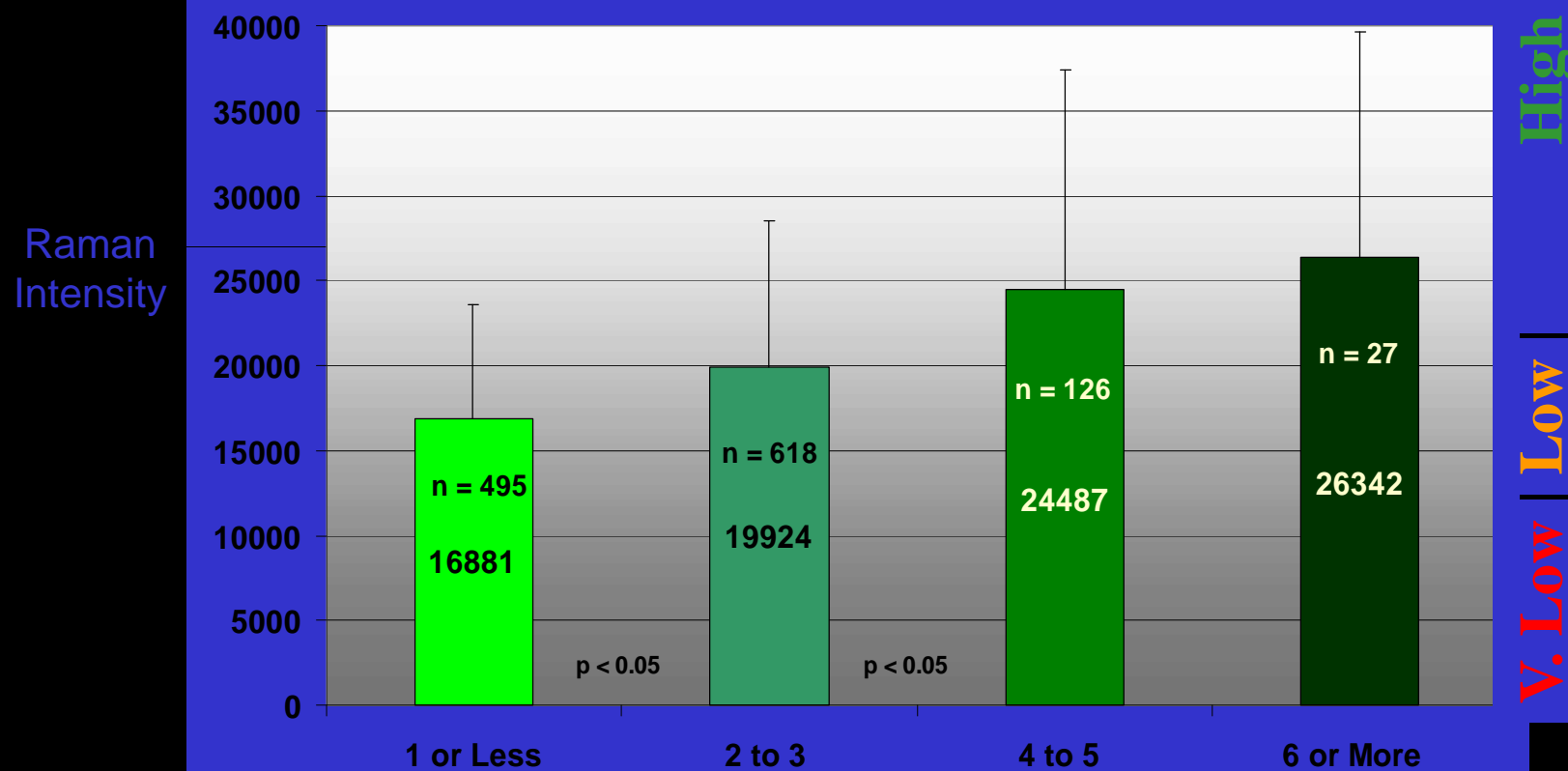
- Macular pigment levels were measured in 220 dilated eyes free of macular pathology or visually significant cataracts.
- Means \pm standard deviation for best three out of five measurements are shown.
- $R=0.629$; $P<0.001$



Courtesy of W. Gellerman Ph.D & P. Bernstein, MD, Ph.D. U.O. Utah

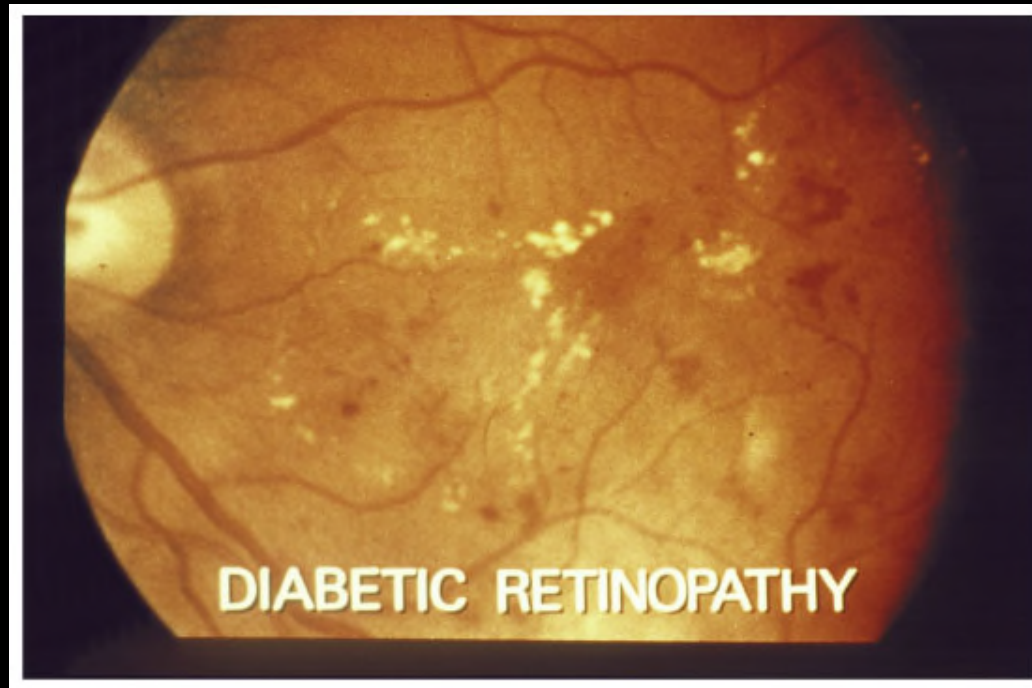


Scanner Readings vs. Fruit & Vegetable Intake



Data Courtesy of Dr. Gellerman, U.O. Utah

Present: Fluorescence Angiography is the Most Widely Used Technique

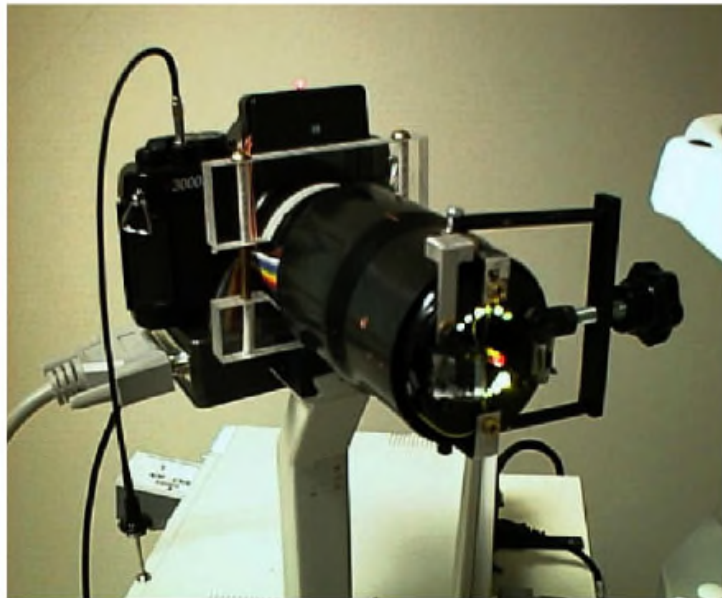


NON-INVASIVE AUTO FLUORESCENCE
MEASUREMENTS

Fundus Photo Courtesy of J. Sebag, MD, USC

Non-Invasive Measurements of Diabetic Retinopathy through the Cornea

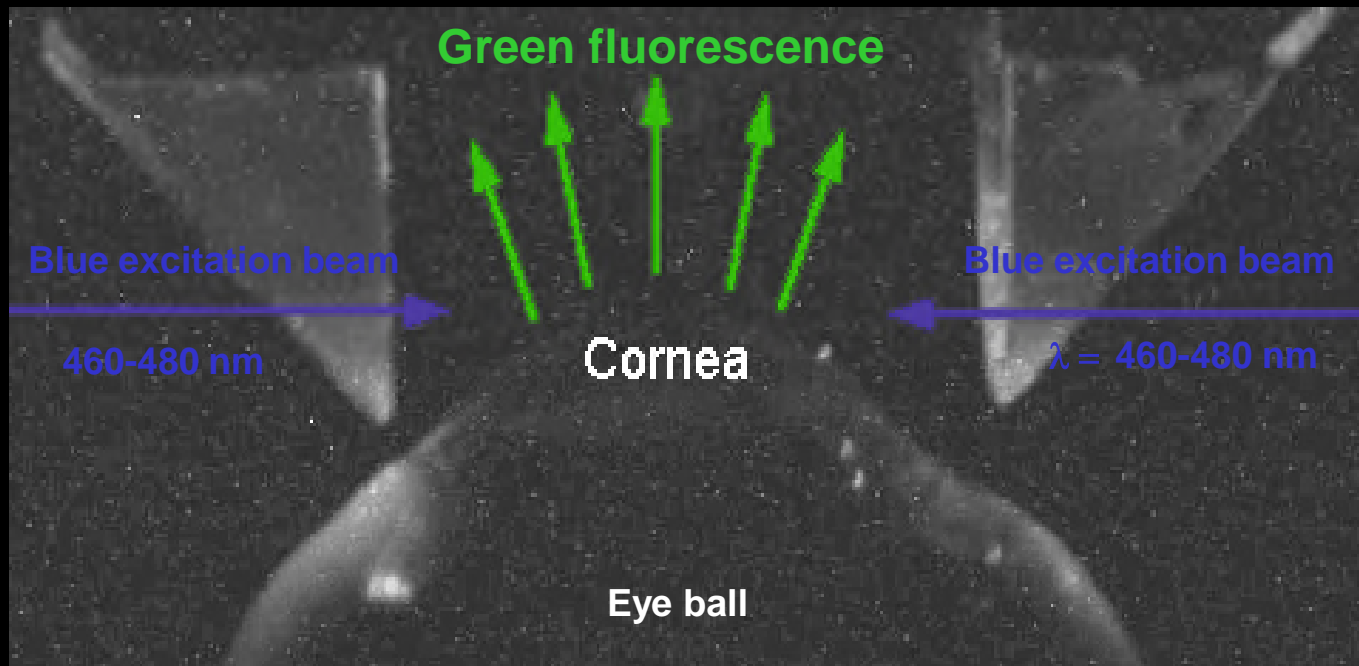
Autofluorescence Camera



Metabolically active Epithelial and Endothelial cells contain fluorophores: pyridine nucleotides (NADPH) and flavins (FMN and protein-linked flavins)

Corneal Auto-Fluorescence and Diabetic Retinopathy

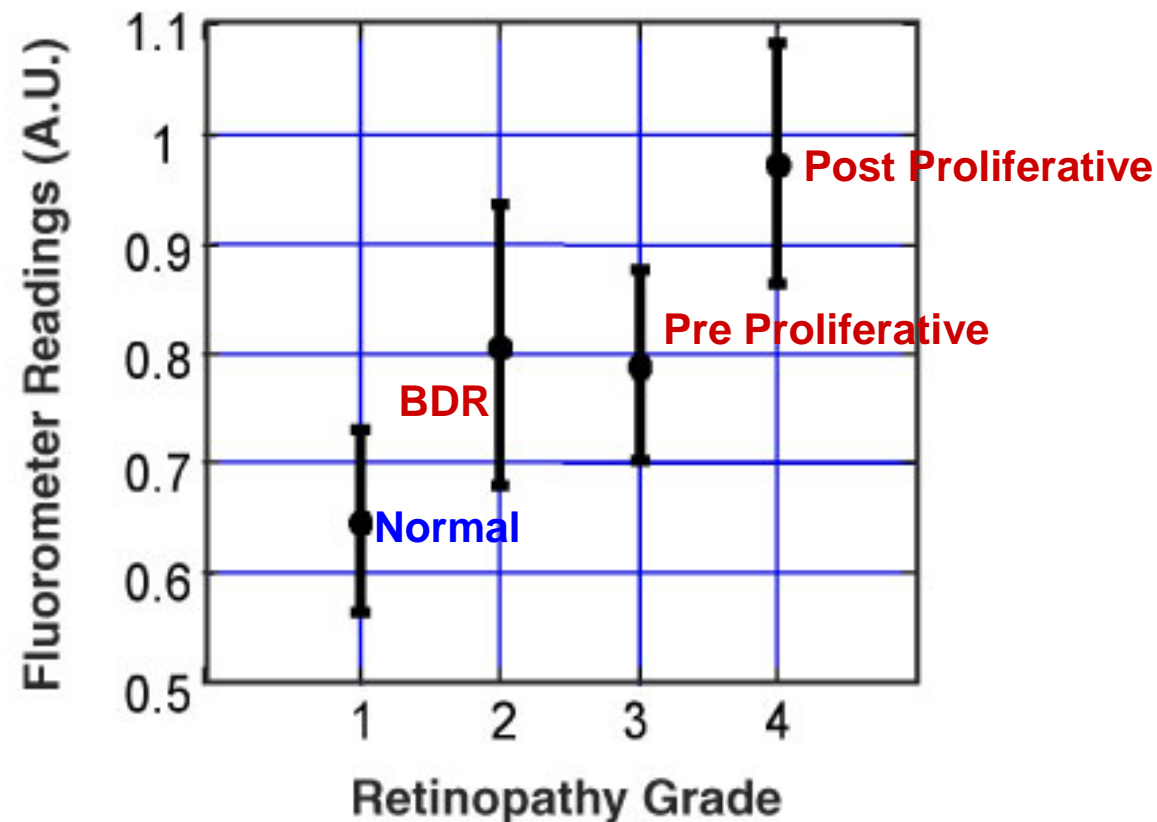
$\lambda = 500-520 \text{ nm}$



NADPH fluoresce in the reduced redox state and flavins in the oxidized redox state

Results of a Preliminary Clinical Test Performed on about 90 Diabetic Subjects

(the bars represent the standard error in the measurements)

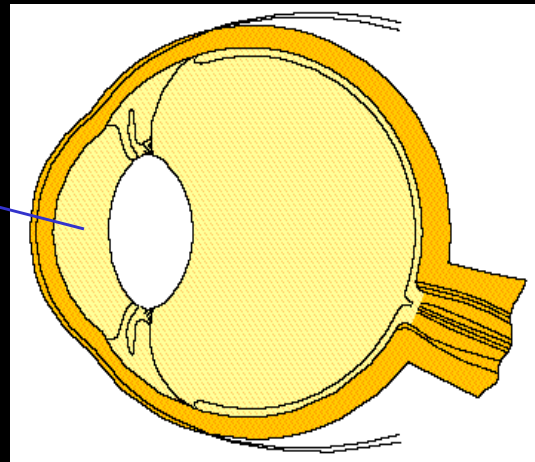


Rovati et al., J. Biomedical Opt. Vol 3, 357-363, 1999

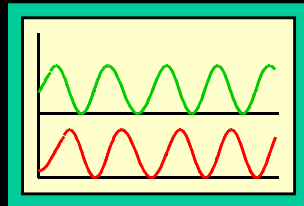
DIABETES MANAGEMENT

Non-invasive glucose detection:

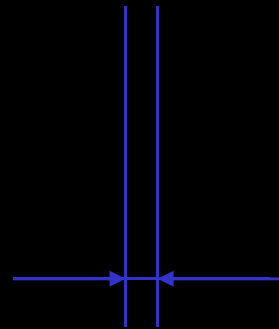
aqueous humor

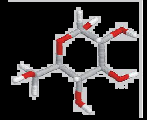


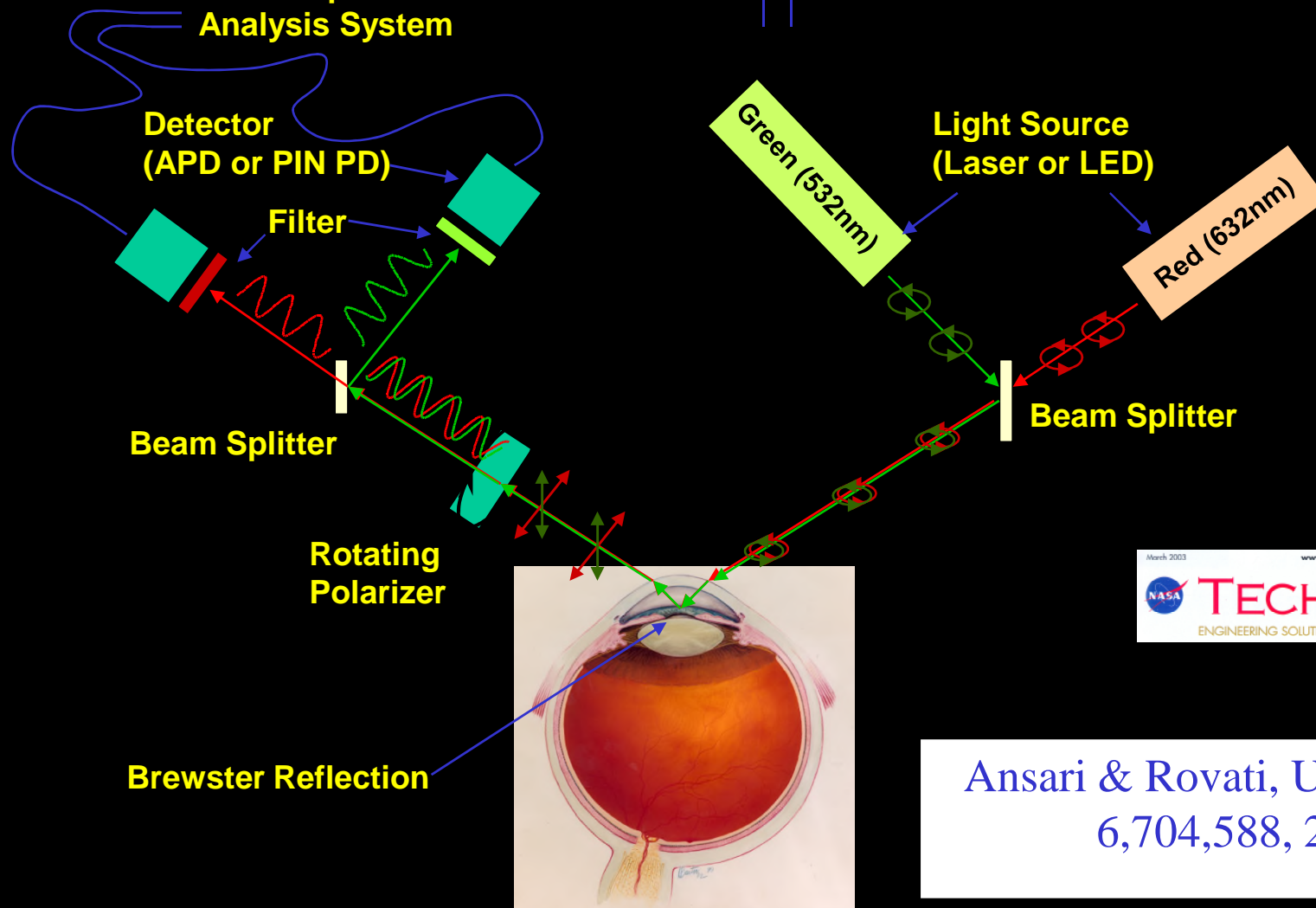
Glucose levels in the aqueous humor reflect the blood glucose levels with a delay of only a few minutes



Data Acquisition/
Analysis System

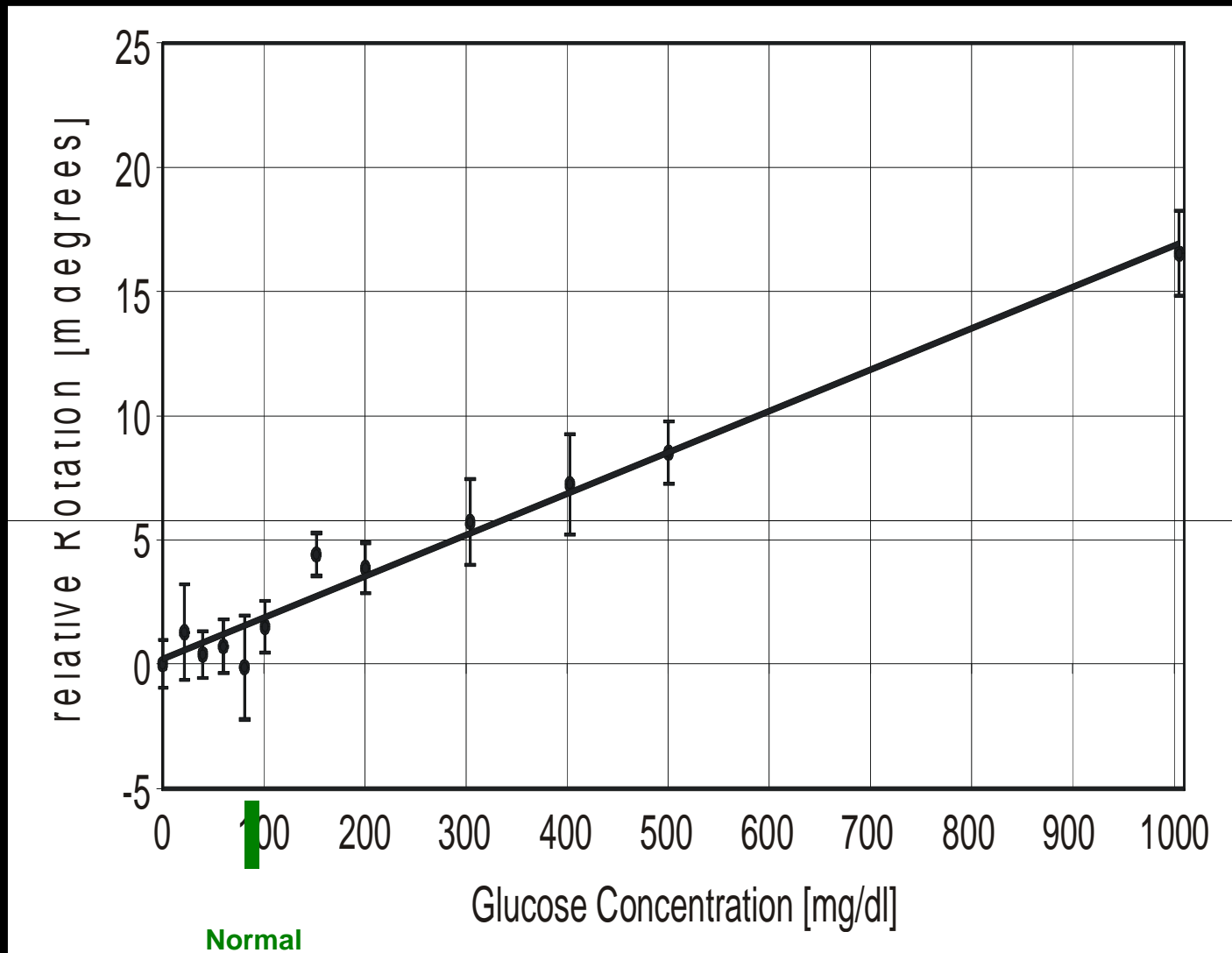


$C_6H_{12}O_6$ 
 $\Delta\phi \propto$ Glucose Concentration



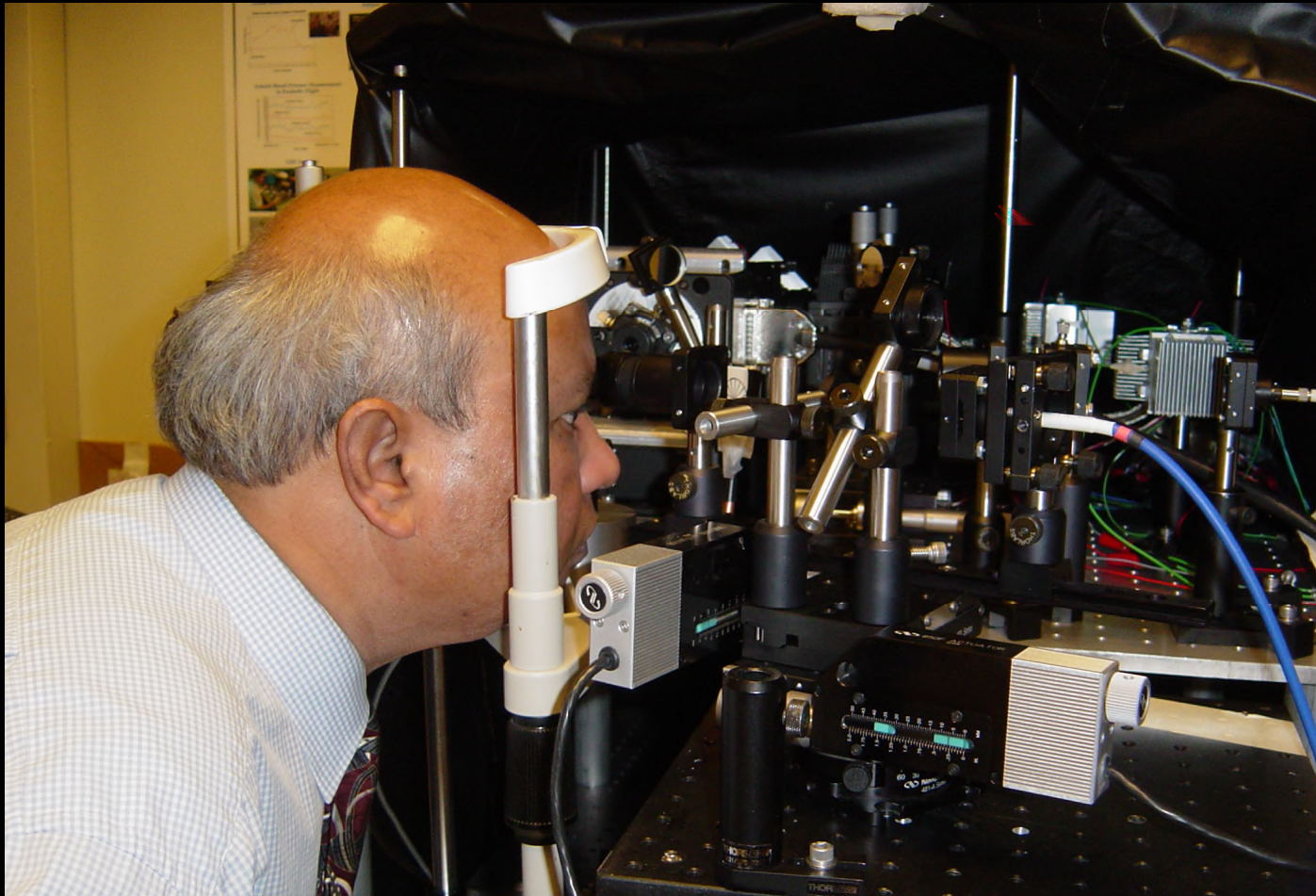
Ansari & Rovati, US PATENT
6,704,588, 2004

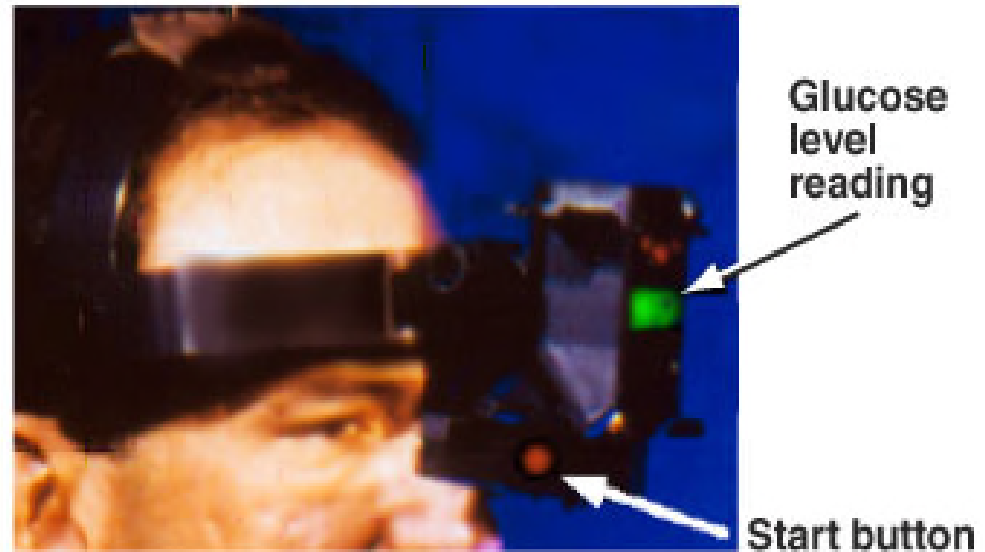
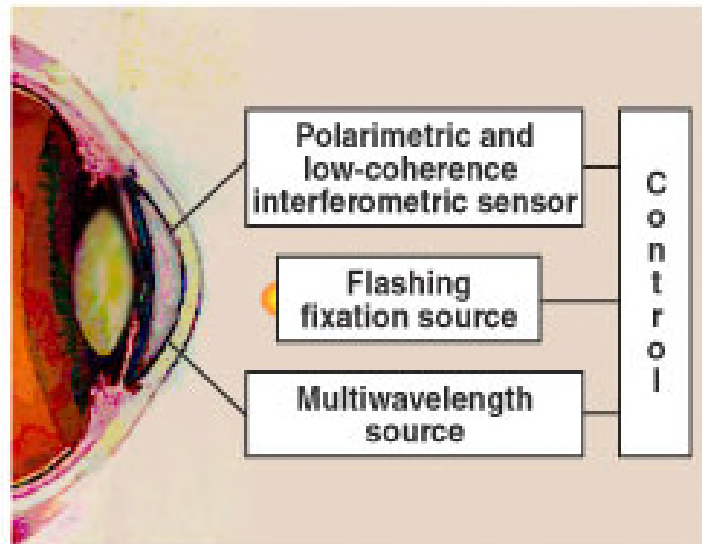
Glucose Sensing Results



Ansari et al., JBO, Vol.9, NO. 1, (2004)

PROTOTYPE GLUCOSE SENSING INSTRUMENT





Non-Invasive Helmet-Mounted Glucose Meter

Rovati and Ansari, Handbook of Optical Sensing of Glucose in Biological Fluids and Tissues, CRC Press, 2009

Upcoming Studies

- Pre-flight/Post-flight ISS Crew
- NBL Diver Population

Changes in Oxidative Bio-markers during a mission on International Space Station

Compound Analyzed	Changes Observed in Flight
Total Anti-oxidant Capacity	Decreased 30%
SOD (super-oxide dismutase)	Decreased 10-30%
Glutathione Per-oxidase	Decreased 5-15%
Malondialdehyde	Increased 100-200%
4-OH Alkenal	Increased 50-150%
Urinary 8OHDG (urinary 8 hydroxy-2 deoxyguanosine)	Increased 40-200%

**Source: Jeff Jones, MD,
Flight Medicine-NASA JSC**

DARPA-Approved Proposal

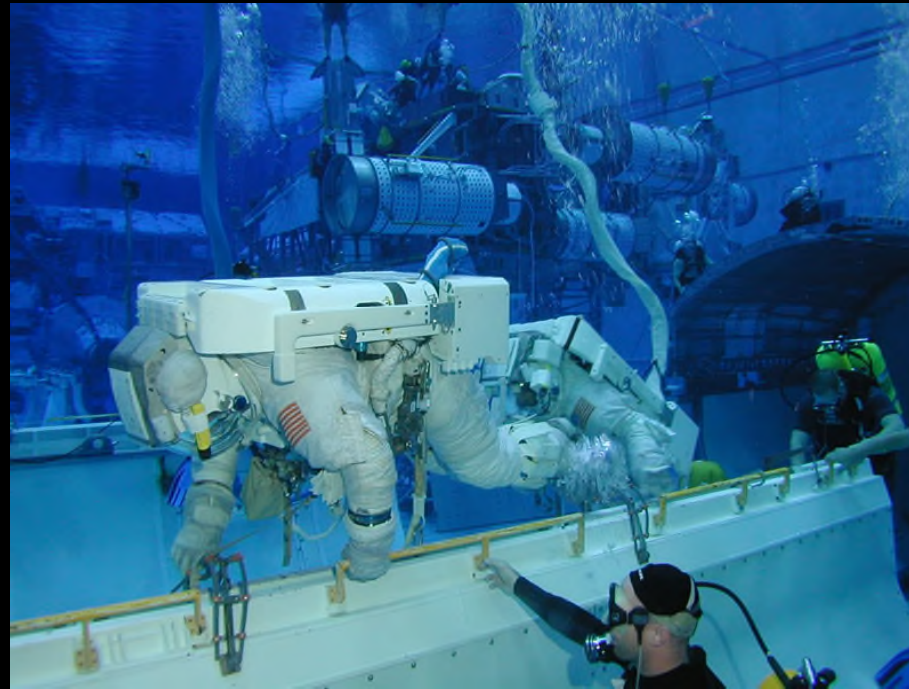
Pre-Flight/Post-Flight Evaluations

Study of Oxidative Stress Leading to Accelerated Aging –with Non-invasive DLS and Raman Methods

- Reactive Oxygen Species (ROS)-induced final common pathways In Vivo!!
- Bio-chemical Analysis/Measure Biomarkers – Relevant to Flight
- Test Counter-measures (Anti-oxidants)

JSC CPHS APPROVAL RECEIVED, April 2009

*Non-Invasive Assessment of Oxidative Stress and
Possibly Accelerated Aging in NBL Diver
Population Using DLS and Raman*



Study to begin Soon
James S. Logan, MD

Diver Study

Unique population “at risk” – Divers
with occupational exposures to
NITROX45

120 NBL Divers

Exposure Range: 0.52 Hrs-4000 Hrs

Normoxic Conditions v/s Nitrox-45

Air we breath:

78% nitrogen

21% oxygen

NBL Divers:

55% N₂

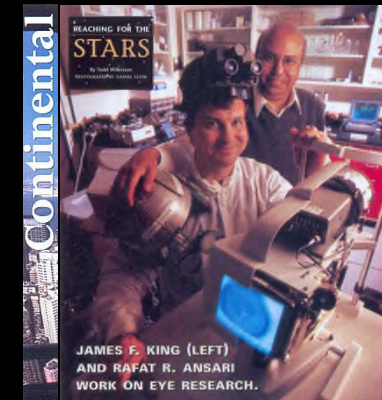
45% O₂

Advantage: longer no-decompression times

Disadvantage: Oxygen Toxicity

NBL Diver Pilot Study Goal

- Establish correlation between oxidative stress and repair mechanism
- Cross-sectional Study (using DLS)
- Longitudinal Study (using Raman)



The NIH Catalyst



The New York Times

The Washington Post



Acknowledgments

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